LANGUAGE OF AMERICAN TALK SHOW HOSTS

- Gender Based Research on Oprah and Dr. Phil

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Enskilt arbete i Lingvistik 10 poäng, fördjupningsnivå 1
10 p Uppsats
Institutionen för Individ och Samhälle
February 2006

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1. **Introduction:**

The Talk Show concept is a modern mass media phenomenon. The Oprah and Dr Phil show are aired in countries all over the world. People seem to have a huge interest in other people’s lives and there seem to be an amazingly endless line of topics to talk about. Celebrities, placed in a fake comfort zone that they can’t escape, are forced to talk about their personal business. People just like you and me are willing to tell all about their problems on a TV-show that is aired to millions of people. I can’t let go of my contradictory feelings concerning talk shows – I am fascinated but at the same time scared about how a person can make a total stranger feel so comfortable in front of millions of people. That is what triggered me to look closer at the hosts of the talk shows.

How are these hosts using linguistic strategies to approach the guest? Does the same host use several different strategies depending on the guest? Does a female talk show host approach the guest differently than a male talk show host? A lot of questions were raised, but would I be able to answer any of them? Since the field is so broad and my access to different talk shows was not optimal, I decided that I would narrow my study down to two of the most famous and powerful people in the business, Oprah Winfrey and Dr Philip McGraw.

The Oprah Show and The Dr Phil Show are two of the most popular daytime television shows, with the same target group - women. From the beginning, Dr. Phil hosted segments in The Oprah show but now has his own fulltime show. Both shows are produced by Harpo – Oprah’s own Production Company for TV-shows. On The Oprah Show the topics are very varied from day to day; it could be anything from documentaries about serious issues to a whole show about finding your bra size. Dr Phil is a psychologist who people bring their personal problems to, and he then tries to find solutions. The problems can be everything from “My husband is into sports too much” to very serious topics like “My son is a child molester”. As far as I understand, Dr Phil works with his guests several days but we see 50 minutes of
this. (The message then becomes that Dr. Phil can cure a child molester in 50 minutes, which makes him a marvel.)

The gender perspective on this research is the main focus. Since these two shows have women as their primary audience, some strategies must be similar between the two hosts. But what is different between them? Can the hosts be labeled as typical female and male speakers; if they can – why do they both appeal so much to women?

2. **Statement of the Problem:**

According to many researchers there are female and male distinctions when it comes to language. I will look for these gender differences in the two hosts’ linguistic strategies. I will also see if there are any similarities between Oprah and Dr. Phil’s strategies when interviewing since they have the same target group. Related to this, there is also an element of power that the interviewer has over the one being interviewed. I will see if the hosts use their power differently. If there is a difference, could it be linked to gender differences? Another interesting issue is if they have different strategies depending on who the person they are interviewing is. Is there a pattern to which groups of people they treat in different ways?

3. **Literature Review**

When dealing with gender differences we first of all acknowledge what Eckert and McConell-Ginet recognize: “No one is simply female or male. No one is simply black or white. No one is simply rich or poor. No one is simply young or old” (2003:50). What they mean by this is that we can not just categorize something as a gender difference without recognizing all the other social factors. One of the important factors that Eckert and McConell-Ginet describe is
the speech-event. In this essay the speech event is very structured. Interviewing someone on TV demands a tight frame on what you can ask and answer. The situation demands a certain control from the interviewer so that the person being asked questions doesn’t take over the conversation.

When doing discourse analyse it is important to identify three parts to both micro- and macro-messages. These are according to Eckert and McConell-Ginet: “…what is encoded, what is said and what is implied” (2003:195). After that we also need to consider how the receiver decoded the message. The encoded part provides me with a start. What kind of words, sentences and syntax are Oprah or Dr. Phil using? The two second parts allow me to explore the meaning of their utterances. For the decoded part Eckert and McConell-Ginet hand me a sentence that is very useful to my work: “What is ultimately taken up, how ideas and feelings are changed, what plans are furthered: all of this is critical to understanding the full significance of ongoing discourse” (2003:195). This means that Oprah or Dr. Phil can say and mean one thing, but what the audience and the interviewed person decode and interpret can be totally different.

Coates writes about the assumptions we make about gender differences. In our western society we are programmed to think that women are supposed to talk less, gossip more and use fewer swearwords (1993:107). This often turns out to be false. We are socialized to behave how we are expected to behave and in many cases women feel unfeminine when talking “too much” and when using a rougher language but Coates expands on this and indicates that context often determines the meaning of certain strategies such as hedges, tag questions or interruptions.

Further Coates continues to speak about turn-taking. She describes research done by Zimmerman and West 1975. The research is focused on two kinds of irregularities in turn-taking called overlaps and interruptions. The findings of the research based on low-level
statistics were that in conversations between two people of the same sex there were quite many overlaps and very few interruptions. When it came to the results of mixed-sex conversations the interruptions made by men towards women were a high number. Women used no overlaps when talking to men but many when talking to women. This could be a sign that women are afraid to infringe on men’s speaking-turn. (1993:107-110). This is an important part of my essay since the interchanges in interviews are an obvious form of turn-taking. In this case I can look at how many times the hosts interrupt and overlap the turn-taking. I can check if Zimmerman’s and West’s interpretations are similar to my results.

Another important strategy to pay extra attention to is tag-questions. According to Lakoff: “A tag-question…is used when the speaker is stating a claim, but lacks full confidence in the truth of that claim” (1998: 249). Coates writes that Siegler and Siegler’s study from 1976 confirmed Lakoff’s suggestion that women use tag questions more frequently then men. (1993:119) But there are different kinds of tag questions and Janet Holmes makes a distinction between tag-questions’ different functions. Epistemic modal tags express uncertainty, challenging tags are confrontational and might force a reply, facilitative tags invite the addressee to contribute and softening tags reduces the force of a negative utterance. (Mestrie et al.2000:237) An example of a facilitative tag could be Oprah saying: “And you thought of moving, right?” (O #2:29). This kind of tag question is probably very common in interviews since it invites conversation. It will be interesting to see if Oprah uses tag questions more frequently then Dr. Phil.

Coates also discusses the common notion that women talk too much about “trivialities” like relationships (1993:115). Lakoff compares neutral adjectives that both men and women use with adjectives that are for women only. The words for women only are: adorable, charming, sweet, lovely and divine. And the neutral adjectives are great, terrific, cool and neat. “…[F]or a man to stray into the ‘women’s’ column is apt to be damaging to his
reputation…” (1998:245). Lakoff claims that when a woman uses one of the adjectives, it trivialises the idea it’s referred to compare to (b.) using a neutral adjective (a.). “a. What a terrific idea! b. What a divine idea!” (1998:247). Romaine refers to these adjectives as “empty” adjectives expressing speaker’s feelings” (1999:154) I will look for the adjectives that Lakoff described and see if they are used and by whom.

Romaine describes a list made by Lakoff that supposedly describes female language. It includes tag questions, rising intonation where one might expect falling intonation, “empty” adjectives, “women’s words”, frequent use of emphasis, intensive so, politeness and hypercorrect grammar, hedges and that women don’t tell jokes (1999:154-155). Romaine accuses Lakoff’s work of making: “…women seem as if they were tentative, hesitant, lacking in authority, and trivial” (1999:154). Cameron is on the same track as Romaine and describes Tannen’s work You just Don’t Understand. Cameron writes that Tannen claims that Lakoff’s evaluation of women’s language is negative and describes women as speakers without authority (1995:35). Lakoff’s list is obviously controversial and perhaps out of date. Some parts of her list are relevant and some have been modified by later researchers. Therefore it will be interesting to see if one can apply parts of her list to Oprah or not.

Coates writes about hedges as: “…linguistic forms such as I think, I’m sure, you know, sort of and perhaps which express the speaker’s certainty and uncertainty about the proposition under discussion” (1993:116). Coates writes that Robin Lakoff (1975) claims that women’s use of hedges expresses unassertiveness, while Janet Holmes’s analysis from 1987 demonstrated that hedges are multifunctional and can also express confidence.(1993:117) Therefore I will look at hedges to see if Oprah and Dr Phil express certainty or uncertainty as in the difference between e.g. I’m sure and I think.

Coates also writes about repetition. Repeating what has been said in one way or another is a “mirroring or matching” (1996:203) to what has been said. It is a form of
agreement. Coates claims that the frequent occurrence of repetition among women friends is due to adopting a collaborative floor, a shared space that creates a group voice. (1996:220) Coates’s *Women Talk* (1996) is basically about women’s conversation in relaxed environments. Oprah’s show is not a laid back conversation between friends. But I claim that part of her success is that she is working hard to make it seem as if her guests are chitchatting in a relaxed environment just as friends. This is why I will be looking for repetitions in Oprah’s and Dr. Phil’s show and see if there are any differences.

According to Mestrie et al: “Power has been identified as an important dimension in many (some would say most) interactions, and researchers have demonstrated how language may be used to negotiate highly unequal relationships between speakers, or groups of speakers” (2000:186). Further Joan Swann writes in *Introducing Sociolinguistics* about Pamela Fishman’s findings that women give more conversational back-up than men through usage of minimal responses such as *mmh*. She linked her interpretation to power since the minimal responses allow men greater chance of a successful conversation. “It is partly through interaction that the hierarchical relations between women and men are constructed and maintained” (2000:231)

Coates writes about Goodwin’s findings about the difference between gender when giving commands and directives. The most significant finding was that women soften their commands by the adverbial *maybe* and the modal auxiliaries *can* and *could*. Goodwin argues that the linguistic forms used reflect the social organisation of the group. In Goodwin’s study the group of boys formed a hierarchy and the group of girls became more like a democracy and this was reflected in the groups’ language (1993:124).
4. Methods

Since the talk shows that I was using for this research both air on Swedish Television I was able to videotape shows. The Oprah Shows were taped from channel TV 3 on the 5th and 6th of October 2005. The Dr. Phil shows were taped from channel 4 plus on the 5th and 6th of October 2005. The method I’ve used is discourse analysis which means that I had to do transcriptions of the shows. In order to look closer at Oprah’s and Dr. Phil’s language including speech-event, swearwords and other expressions, interruptions, minimal- and maximal responses, tag-questions, “empty” adjectives, hedges, repetition strategies and power and command strategies. I then looked at the differences and similarities of Oprah’s and Dr. Phil’s language and compared the results to research that had been done in the field. Since transcripts are very time demanding I decided to make transcripts of the interviews and studio discussions that include the host and exclude the presentations and other taped segments.

5. Delimitations and Limitations

Time is almost always a limitation. In this essay I chose to do transcripts of videotapes. I have to admit that I thought that it would be easier than it was. The video became my Waterloo. When listening and writing down a conversation from a videotape, one has to pause all the time to get it right. When one pauses on a video one looses a couple of seconds of the sound and a rewind is necessary to not miss a comment. This is devastating since it takes such a long time. Time was also responsible for the limitation that I only have 4 television shows, more than that would have been too much for this kind of analysis and my timeframe. It limits the findings that I have since both Oprah and Dr. Phil have done so many shows and my recordings only represent a very small portion of their work.
Gender differences are explored over and over again. People love to categorize everything. That is part of our cognitive minds. But how much can we categorize as female or male? How much does the use of many tag-questions have to do with Oprah and Dr. Phil’s personalities? Can we rule out the surrounding circumstances? What I could do is check if my findings agreed with the research that has been done on gender differences but I can’t say for sure that the two hosts are saying something only because they are female or male. Can we rule out personality?

Time and the concept of gender differences were my two main limitations of this essay. That is the explanation of why only four shows were used as data and why I could compare my findings to research that’s been done but not rule out that other factors might play a part in Oprah and Dr. Phil’s choice of language.

6. Definitions

Empty adjective: Romaine describes it as one of the features that Lakoff claims is typical of women’s speech. “…expressing the speaker’s feelings (e.g., divine, adorable, charming, cute) (1999:154). Lakoff writes that they trivialize the idea that they are referring to. (1998:247)

Floor: Coates explain floor as: “…refer[ing] to the conversational space available to speakers” (1996:133). Coates also writes about Carole Edelsky’s distinction between single floor and collaborative floor. In a single floor speakers use turn-taking and speak one at a time versus a collaborate floor where the conversation is open to all participants (1996:134).
**Frame:** Eckert and McConell-Ginet write that Goffman (1974) describes it as: “…the interpretive schemes that people apply to interaction…” The frames changes when the gender participation changes (2003:105).

**Hedges:** Coates describes hedges as: “…linguistic forms such as I think, I’m sure, you know, sort of and perhaps which expresses the speaker’s certainty and uncertainty about the proposition under discussion” (1993:116).

**Interruption:** Eckert and McConell-Ginet refer to Zimmerman and West’s description (1975) of interruptions as a violation of the turn-taking (2003:111)

**O #1, O#2:** Referring to the Oprah show number 1 or number 2 in the transcripts that can be found in section 10.

**Overlap:** Eckert and McConell-Ginet refer to Zimmerman and West’s description (1975). “An overlap occurs when a second speaker begins speaking before the first finishes, but at a point that might be mistaken for a transition-relevant place – for example during the final syllable of what could be a complete sentence” (2003:111).

**P #1, P#2:** Referring to the Dr. Phil show number 1 or number 2 in the transcripts that can be found in section 10.

**Speech-event:** Eckert and McConell-Ginet describe speech-events as different situations and surroundings that have different kinds of conversation structures. Examples of these can be: “…an
argument, a dressing-down, a lecture, a gossip-session, a sermon” (2003:103).

**Tag-question:** Eckert and McConell-Ginet write that tag-questions are those: “…which append what looks like a fragment of a question to an ordinary declarative clause. These tags contain an inverted auxiliary form, determined by the auxiliary in the main clause, and a pronoun that agrees with the subject of the main clause: “the weather’s awful, isn’t it?” (2003:167). Mestrie et al write about Janet Holmes’s distinction between tag-questions’ different functions. *Epistemic modal tags:* Express uncertainty; *challenging tags:* confrontational, might force a reply; *facilitative tags:* invite the addressee to contribute and *softening tags:* reduce the force of a negative utterance. (2000:237)

**Turn-taking:** In a conversation the speaker decides who is to speak next either by asking a question or addressing another person. If a person is not selected the speaking is open to any of the participants. People anticipate the end of a turn by syntactic and semantic clues. (Coates. 1993. P. 108)

7. **Findings**

I have divided this section into eight subsections. Speech-event includes what kind of different tones and frames the four shows have. Swearwords and other expressions include the difference between the two hosts’ use of slang and swearwords. Further Interruptions, minimal- and maximal responses deals with how the two hosts construct a turn-taking system
as they speak to their guests. The fourth subsection includes how Oprah and Dr. Phil use tag-questions when they interview someone. “Empty” adjectives is a section on the two hosts’ use of adjectives. The next subsection includes the hosts’ use of hedges. The following subsection includes the hosts’ use of repetition. Finally Power and Commanding include how the two hosts use their power differently.

7.1. Speech-event

The speech-events I have explored are interviews. Interviews demand different frames for what questions the host can ask. Discussing a topic considered serious demands serious questions and therefore it has a tight frame. The host cannot make a funny remark after the interviewee has told her/him something serious. Therefore I think it is important to establish what kind of tone is set on the show. The tone of the show sets the frame for what Oprah and Dr. Phil can say and it can limit their speech more or less.

The two Oprah shows included in this essay have different tones. Show #1 is about how women can dress to look thinner. The show has a very light tone to it and therefore Oprah has the liberty to speak in a less restricted manner. She does this by speaking in a happy, fast and light tone. She is not afraid to joke around as in: “Coming up. If your breasts have taken the age train and are heading for your knees…” (O#1:73). Another example is when she says: “That’s more information then you all need to know but” (O#1:299).

Show #2 includes a male home decorator that has appeared on her show many times before. It is also a show with a light tone, but it includes some sad stories and that makes the mood more serious. Oprah keeps a calm and serious tone until her guest Hillary breaks the tension: “…we even eat in there [the living room]” (O#2:49). This makes the audience laugh and the mood is lighter until line 115 when Oprah starts talking about her guest Nate’s partner
who disappeared in the tsunami. This tone remains until Oprah stirs up the audience by shouting: “Don’t you wanna know?” (O#2:182) And from that point the tone remains light. The fact that Oprah has interviewed the decorator before and knows him personally widens the light frame but the seriousness that occurs sporadically limits her sometimes.

The Dr. Phil shows have more or less serious topics in the two shows. Show #1 is a matchmaking show that has a very light tone. This includes games and certainly allows playfulness in Dr. Phil’s questions and comments. In my opinion his jokes can be a bit more brutal than Oprah’s. An example of that would be when he makes fun of a female audience member’s comment: “I think she just said I want you to sacrifice all the time!” (P#1:249). This is a moment where Dr Phil steps out of the frame of what’s appropriate to joke about. The audience does not laugh at this so Dr. Phil has to state that he’s joking (P#1:265). Another example is when he jokes about someone’s appearance in quite a cruel way: “…then she showed up and looked like 9 miles of bad road right?” (P#1:442). This is a joke the audience can laugh at because the woman he’s joking about is not present at the studio.

Show #2 is a so-called “Ask Dr. Phil”-show which means that the viewers can ask Dr. Phil anything, so the topics can go from very serious to very light. The first question asked is very serious and it keeps Dr. Phil serious as well, although he slips and makes fun of the male guest. This is not to his advantage as I see it because when he is dealing with an issue as serious as domestic violence and makes fun of it, it makes him come off as unprofessional. An example of this is when he says: “And do what with the kids? Hang them like bags in the garage are you kidding me?” (P#2:196). Dealing with his next guest Amy, he is much more delicate. This could be due to the fact that, unlike the first guest, she’s female and on the verge of tears during the interview.

Overall the two hosts stick to the tone within the frame of the shows. One of the differences between the two hosts is that Oprah’s jokes are more universal than Dr. Phil’s
jokes, which are harsher and directed towards specific individuals. Dr. Phil’s tone can be sarcastic and demeaning from time to time and although this is not appreciated by the audience I believe that he gets away with it because of the power he is radiating. Oprah never steps out of the frame of what’s appropriate and according to me she would not be as easily excused if she was to use Dr. Phil’s occasional sarcasm.

7.2. Swearwords and other expressions

American TV shows are censured so the hosts try to avoid swearing as much as they can. Oprah also gives another explanation to why not to use harsh language: “You got a few people are gonna be writing YOU letters but that’s ok, that’s ok” (O#2:520).

Oprah never swears and the closest thing she gets to it is discussing the word “halfass” in a conversation with Nate the decorator (O#2:499-520). She uses expressions including God many times e.g. “You’re a D God help me” (O#1:338). And: “Cause lord knows I wanna see that baby” (O#2:62). She also uses some slang, like when she tries to be “ghetto” and says: “…they say he my baby daddy, he my baby daddy…” (O#2:280). This is a joke to her and the audience probably since language spoken in the “hoods” feels awkward on a female millionaire TV-hostess but since Oprah is African American it is acceptable for her to speak “ghetto talk”. If she would have taken the slang expression seriously it might have the effect of identification with audience members from the “hood”, but this is done in a very humorous tone and repeated several times in the same tone. She also says: “…in the hood they say like he my baby daddy…” (O2:277). The word that separates her from people from the “hood” is “they”, which eliminates all possibilities for identification with people from that community.

Dr. Phil is more unrefined in his language and slips sometimes. He even gets aroused and screams to Mike in show 2: “WHAT THE HELL DIFFERENCE DOES IT MAKE IN
THE GRAND SCHEME OF THINGS?” (P#2: 224). This seems to startle the audience, which goes silent. To me, this tantrum does not work to his advantage. Although his image is to “tell it like it is” he comes off as unserious screaming and swearing. He also seems to make up some expressions that are somewhat degrading to the person he says them to. An example of this is in the conversation he has with Mike in show 2. He says: “…you’re either real courageous or just dumber than a box of rocks…” (P#2:58). This sends out Dr. Phil’s point of view and it’s pretty obvious that he doesn’t think Mike is courageous. He also says the same sentence three times, which is: “Oh my God, she’s defending him.” (P#2:88, 91,106). This is the same kind of expression Oprah uses, but there’s a big difference. He is saying it three times in a short period which makes the audience objectify the guest and laugh at her. He also interrupts Deanna when she speaks and completely patronizes her with his sarcastic tone and comments.

7.3. Interruptions, minimal- and maximal responses

I had my mind made up before I started this essay. I was sure that both Oprah and Dr. Phil would be masters of interruptions. People around me were also pretty judgemental and thought the same thing. Maybe if I had taped four other shows my findings would have been different. But these four shows did not feast on interruptions, although they didn’t lack them either. Oprah and Dr. Phil were pretty similar in number of interruptions. Oprah interrupted another speaker 30 times during the two shows ¹. Of these 30, 16 were interruptions of one male speaker and 14 were interruptions of several female speakers. To Oprah’s defence many of the interruptions were probably meant as minimal response in a supportive way.

¹These can be found in O#1 lines: 30, 39, 137, 206, 213, 226, 238, 278, 299, 304, 342 and 415. And also in O#2 lines: 81, 350, 353, 370, 403, 415, 419, 424, 446, 454, 471, 498, 507, 511, 526, 528, 546 and 552.
Unfortunately for her the timing is not right and a loud “yeah” in the middle of somebody’s sentence is not supportive at all. One of the interruptions is especially interesting. Here she starts interrupting a female audience member by saying: “Yeah that is a good question, let me ask it for you” (O#2:350). Before the other speaker has finished saying whether she can answer her question, Oprah interrupts again by saying: “If you don’t mind” (O#2:353). She takes over the question and tries to cover it up by the second line, but that one is also an interruption so Oprah appears as very dominant.

Dr. Phil interrupted another speaker 26 times during the two shows. Of these 26, 10 were interruptions of four male speakers and 16 were interruptions of female speakers. But numbers are often misleading. Out of the 16 female speakers, Deanna, a guest already weakened by her controlling husband, gets interrupted by Dr. Phil 13 times. An example of this is when he makes a joke out of interrupting her on two occasions by shouting: “Oh, my God she’s defending him!”(P#2:88, 91). Later on he realizes what a layman of psychology would have realized from the beginning, that she’s intimidated by her husband sitting next to her. His interruptions are a clear statement of power and at that point he is just as high in authority and control as Deanna’s husband.

When it comes to minimal response, both Oprah and Dr. Phil are frequent users. This did not come as a surprise since they must be used in an interview. That is to support and encourage the interviewee as she/he talks. To the contrary, and this was not very surprising either, Dr. Phil is also a frequent user of what I like to call maximal response. The monologues he gives are amazingly long and when he finishes one, he soon starts up again. A brilliant example of

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2These can be found in P#1 lines: 114, 287, 289, 297, 410, 415 and 552. And also in P#2 lines: 51, 54, 58, 76, 83, 88, 91, 96, 100, 103, 109, 116, 119, 155, 163, 199, 202, 282 and 283.
this is in his conversation with Mike. The two speeches Dr. Phil makes are about Mike’s way of interacting with his wife and how Mike must learn to pick his battles, from P#2 lines: 230 – 242 and 298 – 311. The answers Mike gives after these two sermons are: “Yeah”(P#2:243) and “Ok” (P#2:313) and then Dr. Phil continue his preaching.

7.4. Tag-questions

When I started analyzing my transcriptions I was pretty sure that tag-questions were the feature that I would find most of in both Oprah’s and Dr. Phil’s language. That turned out to be just an assumption. I found many tags but not as many as I thought.

Analyzing both Oprah shows, only 3 distinctive tag-questions were found. I also noticed a question that has a similar function as a tag but it might be just a regular question. The first tag was when Oprah says: “And a lot of women wanna hold on to it because they have some I don’t know crazy idea that that makes them look thin even though the breasts are falling out of the cups, right?” (O#1: 399-400) She is making a statement that is clear although it does include a hedge “…I don’t know…”. I would place this tag under the category epistemic modal tags. It could also be a challenging tag but since the hedge is there it is leaning more towards being an uncertainty that she wants to have confirmed. The next tag has a clearer statement: “And you thought of moving, right?” (O#2:29). It can, just as the first tag, be claimed as both an epistemic modal tag and a challenging tag. I would say this is also an epistemic modal tag but it’s leaning more towards a challenging tag then the first one, because of its clear statement. The third tag Oprah uses is more an invitation to the addressee to speak: “And so I love that feather on the wall, didn’t you?” (O#2:51). I would say that this is a clear example of a facilitative tag. So is the fourth and final distinctive tag she is using: “I just think, don’t you all think that?” (O#2:534). I noticed that she made a statement starting
with a very strong hedge: “I know everybody’s, are you thinking about what’s your feather?” (O#2:95). She doesn’t start the sentence with a more confidence lacking hedge as “I think…” or “I guess…”. This may not count as a tag-question but she still softens her almost rude statement with a question so if it could function as a tag I would place it under the category softening tags. This could also be a rhetorical question but she indicates that it’s not when she gazes out on the audience as if looking for a reply.

In Dr. Phil’s shows there were noticeably more tag-questions asked. This might have to do with the issues being dealt with. It might be a strategy psychologists use to get people to talk. Still it is quite fascinating that Dr. Phil uses more tags then Oprah in these two shows. In both shows Dr. Phil used 15 distinctive tag questions all together. This is not a lot of tags either, but the number is still large compared to Oprah.

We start with commanding tags and find that Dr. Phil is using many of that kind. He says: “Nothing, ok?” (P#1:118). And: “Now, we’re gonna have some fun and play Dr. Phil’s dating game. Ok?” (P#1:41). Since both questions end with “Ok?” he is waiting for a clear utterance from the addressees. Sometimes he is so self-confident about his statements that the addressee can almost only answer one thing. The tag becomes a prop that’s not needed. He might as well just state what he feels. Like in: “Well interesting date don’t you think?” (P#1:271). And as in: “An, and you have all these high and lofty standards – but you’re like out with your friends three, four times a week, right?” (P#2:186-187). Another one is: “Yeah ok, he’s a willing spirit that means something doesn’t it?” (P#1:486). And: “You wouldn’t say that anyway would ya’?” (P#1:236). And: “So you guys have a strong feeling right?” (P#1:167). And: “Alright with, hehe, with any kind of dating you still have to be discrete so you don’t wanna get out too much personal information, right?” (P#1:381-382). If the addressee then dares to say something unexpected, he gets a bit stumbled and quickly moves on to the next thing. A good example of this is when he asks his guest in show 2: “You do that
regularly don’t you?” (P#2:164). Mike’s answer is: “No, no…” (P#2:165) and Dr. Phil asks the same question again but doesn’t wait for an answer before he moves on to another question.

But Dr. Phil has some uncertainty in him as when he says: “Women are dancing and the guys are like…hehe…so, ok, you feel like you’re being led to the slaughter is that it?” (P#:33-34). He comes off as unsure of his statement so that would go under the category epistemic modal tags. Other examples of that would be: “What do you mean like you didn’t, you didn’t feel…” (P#1:287). “…lit up or what did you?” (P#1:289). And: “You talked about as early as seventh grade ahm kids really noticing, holding you down on the bus so they could feel you up, as you said ahm making comments and at that point you start repeating those things in your head, don’t you?” (P#2:348-350). Both these tags seem uncertain because of pauses and hedges and they occur in both playful topics as the first three quotes and serious topics as the latter quote.

Some of the tags he uses are facilitative tags, like: “…then she showed up and looked like 9 miles of bad road right?” (P#1:442). And: “Yeah, and, and you guys actually live in the same town, right?” (P#1:543). And: “You said you wished somebody would see your other gifts and skills and abilities, right?” (P#2:353-354). All three tags invite the addressee to take more part in the conversation.

7.5. “Empty” Adjectives

The adjectives that Robin Lakoff described as female adjectives were adorable, charming, sweet, lovely and divine. And the neutral adjectives she described were great, terrific, cool and neat. When considering the nine “empty” adjectives Lakoff used as examples, Oprah
used them 28 times during the two shows\(^3\); of those only one was in the category of female adjectives and 27 were neutral adjectives. The one female adjective she used was: “lovely” (O#2:358) and she only used this when she tried to copy a posh British accent. “Great” was used 22 times and so it seems to be her favourite adjective.

These results were very different from Dr. Phil’s usage of “empty” adjectives. He almost never says any of nine “empty” adjectives. The only time he mentions any of them is when he says: “lovely” (P#1:15) in order to describe a theme on a website. This means that Lakoff’s theory holds when comparing it on these four shows although the results don’t support Lakoff’s hypothesis about some adjective being more typical for women since Oprah practically never uses the female adjectives.

7.6. Hedges

When it came to hedges I limited my search and looked for hedges that express certainty as *I know, I mean, I bet, I believe* compared with hedges that express uncertainty as *I think, I guess, I assume*. In total the results from Oprah were quite different compared to the results from Dr. Phil. Oprah said a total 44 hedges during the two shows\(^4\). Out of these 44, 25 of them were in the category of uncertain hedges, such as I’m thinking, I just think, I guess and so on. 19 of them were hedges that are connected with certainty; most of them were: “I know”.

\(^3\)They can be found in O#1 lines: 35, 60, 71, 78, 88, 142, 145, 311, 315, 321 and 330. And they can also be found in O#2 lines: 46, 98, 210, 213, 215, 264, 267, 358, 480, 522, 556 and 558.

\(^4\)These can be found in O#1 lines: 3, 30, 68, 71, 80, 157, 231, 309, 321, 347, 376, 381, 394 and 424. And also in O#2 lines: 9, 60, 70, 93, 97, 104, 105, 118, 132, 158, 194, 202, 204, 237, 242, 245, 264, 314, 368, 480, 534, 537 and 549.
Dr. Phil said only half as many hedges as Oprah. He has a total of 26 hedges during the two shows. 16 of the 26 hedges can be linked to certainty; most of them were: “I mean”. Out of the hedges that are connected with uncertainty, “I think” was most popular. So as we see Oprah has more than twice as many hedges linked with uncertainty compared to Dr. Phil.

7.7. Repetitions

When looking at repetitions I decided to search for repetitions that start with one sender saying something and the receiver, in this case Oprah or Dr Phil, repeating that. There are lots of lines in the shows where Oprah and Dr. Phil repeat their own lines. According to me this is not a sign of agreement or said to create a collaborate floor. These are repetitions that exist because the first time they have been drowned in applause from the audience or failed to get through in some way or another.

Oprah repeats what her guests say many times during these shows. In total she utters 27 repetitions and there is no significant difference in quantity between when she’s having a same-sex conversation or a conversation with the opposite sex. She repeats her female guests’ comments 14 times and her one male guest 13 times. Oprah’s repetitions often support the previous comments. A good example of this is when her guest Trinny says: “She

5These can be found in P#1 line: 135, 242, 254, 306, 343, 432 and 511. And also in P#2 lines: 9, 127, 129, 141, 155, 158, 167, 176, 183, 204, 209, 241, 247, 271, 293, 318, 440 and 450.

6These can be found in O#1 lines: 41, 68, 71, 126, 142, 184, 191, 201, 241, 311, 336 and 365. And also in O#2 lines: 35, 53, 93, 231, 233, 267, 275, 284, 289, 329, 363, 377, 448, 458 and 487.
went from apple to hourglass” (O#1:200). And Oprah repeats: “From apple to hourglass” (O#1:201). This indicates that she is trying to create a collaborate floor and have a less organized and controlled discussion.

Dr. Phil’s number of repetitions is drastically different from Oprah’s. In total he repeats his guests’ comments only 9 times during the two shows. Nor with Dr. Phil is there any significant difference in quantity between him repeating a male guest (4 times) or repeating a female guest (5 times). Dr. Phil’s repetitions are not all agreeing repetitions like Oprah’s. His repetitions are often more of a shocked nature, as when he is speaking to Deanna in show 2. Dr. Phil asks how long she and Mike have been married and Deanna answers: “Nine years” (P#2:84). Dr. Phil then repeats her twice with a shocked and unsympathetic tone: “NINE years. Why has this been ok with you for NINE years?” (P#2:85). The fact that his repetitions are not often made as an agreement with the guest and that his repetitions are so few could be a sign that Dr. Phil rather has a more controlled single floor conversation.

7.8 Power and command

The most obvious way to start this section is to look at the hosts’ names when they are on air. Oprah Winfrey removes her surname to Oprah, although sometimes the show is also called the Oprah Winfrey show. Oprah gives a friendly touch, and the viewers feel like they know her. Philip McGraw also removes his surname, and even shortens his first name to Phil. If he had stayed with that it would probably be an attempt to get the same effect as Oprah, but he doesn’t. He adds Dr. to his nickname Phil which certainly removes the I’m your friend effect. That image gives status and prestige and it is important that it is there so that he gets the

7 These can be found in P#1 lines: 143, 248, 262, 354, 359 and 516. And also in P#2 lines: 14, 85 and 256-257.
audience to feel that the show is serious although people share their problems on TV. This is very inconsistent to me: he wants respect but still he shortens his first name. To me it would be much more convincing if he kept his full name and Dr.

The fact that Dr. Phil’s wife Robin sits in the audience every show is a bit disturbing to me. She is sometimes allowed to participate in the discussions as in P#2:162 when Dr. Phil asks her to come up on stage. The show always ends with Dr. Phil walking to her seat and grabbing her hand and together they walk out. She is a puppet or a prop to him. He wants to display the ultimate relationship to his viewers.

Dr. Phil can also be very demeaning to people. His guest in P#2, Mike, gets humiliated by Dr. Phil in P#2:35-51. Mike is overrun by Dr. Phil’s series of sarcastic questions about Mike’s knowledge of the psychological field. Although Mike doesn’t give the impression of being the nicest fellow in the world Dr. Phil is insulting his intelligence in a very rude way. Mike knows he is not trained in psychology. He agreed to come on the show and get help from a person who is a psychologist. But instead he’s being mocked by the supposed expert. This is very sarcastic and unprofessional to me. Oprah uses neither her boyfriend as a prop nor humiliates anyone’s intellect.

When it comes to commanding their guests, Oprah and Dr. Phil’s methods are somewhat different. Oprah uses commands without softening them up, except for line 216 O#1 and line 162 O#2 where she uses “can”. In line 150 O#2 she uses her power ultimately when she says: “Yeah this is a good question, let me ask it for you” although she softens it up with “let” instead of just saying “I will ask it for you”. She probably realizes that she used her power too much when the audience laughs so she quickly says: “If you don’t mind” (O#2:152). The audience member is left with no other choice then letting Oprah ask her question. In the end of the second show Oprah says: “…thanks for enjoying this!” (O#2: 561). To me this is an interesting statement from her; how can she assume that everyone who was
watching enjoyed it? If she had less confidence in her power she would probably end her show with something like “I hope you enjoyed it!”

To me Dr. Phil feels less certain of his power. He softens his commands a lot. As in P#1:132 and in P#1:303-304 he is really not giving the impression of certainty when he adds “can” and says “I don’t know, whatever” after the command. But when he actually uses his power as Oprah did when taking over the audience member’s question, he is not trying to cover it up. He commands the audience members to “stand up” as in P#1:227 and P#1:236. Then later on he softens his command when telling the audience to sit down. He then uses his dialect with the word “…y’all…” (P#1:265) to make it seem less commanding.

7. Conclusion

The first thing I looked at was speech-event and whether the two hosts seemed to stick to the tone within the frame of the shows. I found one significant difference between the hosts. Dr. Phil used a brutal language and sometimes went beyond the borders of what is appropriate for his shows. He was very sarcastic from time to time but managed to get away with it, which could be a reflection on how people have more respect for him than Oprah because of his title, status and gender. If Oprah was as sarcastic as Dr. Phil to her guests I strongly believe that she would not be able to keep her show for long.

Swearwords are not common on American TV since it is censored. In spite of this a difference in how Oprah and Dr. Phil used swearwords and slang was obvious. Oprah used expressions that involved God a lot and only gets close to a swearword when she says halfass a couple of times. She makes a joke about how black people speak in the hood, which separates her from a part of her viewers. Dr. Phil on the other hand is not frigid when it comes
to swearing and having tantrums. He comes across as very loud and when he makes up
expressions he can be very rude and sarcastic to his guests.

When it came to interruptions it was interesting to see that Oprah and Dr Phil
interrupted the guests almost equally. There was no significant difference in the number of
interruptions or any major difference when looking at if the interrupted guest were male or
female. When it comes to comparing these results to the results of Zimmerman and West’s
research (1975) I can say that Oprah and Dr. Phil do not conform to those results. Whether 30
and 26 interruptions during two shows are much is probably subjective. My opinion is that
this is not many interruptions. To apply that to Zimmerman and West’s suggestion that men
interrupt more then women means that Dr. Phil does not conform to that pattern. If I was of
another opinion and saying that I think that 30 and 26 interruptions during two shows were
many, the conclusion would be different. Oprah would then be the anomaly of the pattern that
Zimmerman and West found. Of the two examples of interruptions I pointed out in section 7.3
I draw the conclusion that sometimes both Oprah and Dr. Phil use interruptions to state their
power and authority. Oprah and Dr. Phil are both frequent users of minimal responses, which
I interpret as a result of them interviewing people. The major difference between the two
hosts in this section was Dr. Phil’s use of what I like to call maximal responses. He
occasionally gives long sermons, while his guests are left to give minimal responses. This
could be because he needs to explain how the guest must solve his problems. This could also
be because he likes to hear his own voice and show that he is in charge.

When the results of tag-questions being used became clear, it was surprising. I thought
that tag-questions were commonly used in interviews. Dr. Phil is a much more frequent user
of tags then Oprah. This goes against the research that has been made which gave the result
that women use more tag-questions then men. We look at Lakoff’s assumption that “A
tagquestion…is used when the speaker is stating a claim, but lacks full confidence in the truth
of that claim” (1998: 249). I would say that this is not accurate in Dr. Phil’s case. Dr. Phil’s only tags that seem to be connected with uncertainty are those that include hedges and pauses, and these are few.

The hosts’ use of “empty” adjectives agreed with some of Lakoff’s suggestions. Oprah did use considerably more “empty” adjectives then Dr. Phil. The results don’t support Lakoff when looking at the use of supposedly female adjectives such as lovely and divine. Those were never used by Oprah, with the exception of copying an audience member’s accent. Dr Phil’s “empty” adjectives were also neutral except for one, which he only uses to describe a web site. I do not agree with Lakoff that a man would damage his reputation if he would say a female adjective, but I agree that it would be more notable if Dr. Phil said sweet, lovely or divine a lot then if Oprah did it.

Hedges were more frequently used by Oprah than by Dr. Phil. I think that it was crucial to the results to look closer at the hedges and see which of them possibly expressed uncertainty and which ones possibly expressed certainty. If I hadn’t done that I would only have the fact that Oprah said almost twice as many hedges as Dr. Phil and I would probably conclude that this was only linked to insecurity. When doing some calculations I can say that out of Oprah’s hedges 43% of them were certain hedges compared to Dr. Phil who said 61% certain hedges. This is another way of looking at it and we see that almost half of Oprah’s hedges cannot be linked to insecurity. We see that Dr. Phil has a slight advantage in the percentage but it is not much.

Repetitions showed a clear difference between the two hosts. Oprah repeats her female and male guests’ comments as an agreement. According to me she successfully creates a collaborative floor. Dr. Phil on the other hand does not repeat his guests often. When he repeats them it is not in an agreeable way. It is rather in a shocked and sarcastic way that he
repeats his guests. This is connected to his efforts of trying to uphold the hierarchy with him on top. He allows no free discussions and works hard on retaining the single, controlled floor.

Oprah and Dr. Phil are powerful people. That they use their power becomes obvious when one reflects on how they act, speak and present themselves. I believe that part of Oprah’s success is due to her trying to be a universal friend. Her program is relaxed and laidback. Her guests sit comfortably and chitchat as if they were at home talking to their friend. She is Oprah with the world. But I suggest that although she tries her best to camouflage her power she sometimes makes slips as the examples I gave in section 7.8. Her end line is an amazingly bold power trip that is rather offensive to the viewer. Dr. Phil on the other hand uses his power in a more open way. He uses his professional title to gain power and authority. What confuses me is that he shortens Philip to Phil, which would be a way to make him seem friendly. But it doesn’t really fit with his niche: telling it like it is. This is probably an attempt at trying to make him more likeable but to me it is unsuccessful since it only makes him seem less professional. His wife functions as a marionette when she sits in the audience to support her husband. I guess this is so offensive to me because as a psychologist he is a spokesperson for domestic knowledge and yet he uses his wife as a support for him instead of supporting that she has her own life. When commanding people he seems uncertain sometimes but when he is using his power it becomes obvious. He commands without asking a question. He says “stand up” not “can you stand up?”. My suggestion is that Oprah and Dr. Phil support to some extent Goodwin’s results. Oprah tries to create a form of controlled democracy while Dr. Phil doesn’t hide that he is trying to uphold a hierarchy.

Oprah and Dr. Phil affect people every day with their shows. I am glad to say that neither of the hosts follows the gender stereotypes in all matters. Wouldn’t it be sad if people were that predictable just because they belong to one gender or another? But my results showed that some of the hosts’ language fit into the patterns of gender based research. Oprah
swears less than Dr. Phil. Oprah uses more “empty” adjectives and hedges than Dr. Phil. Oprah tries to create a collaborate floor while Dr. Phil is unmistakably using linguistic strategies to form a hierarchy with him as the leader. But there were also anomalies to the gender patterns. Oprah used fewer tag questions than Dr. Phil and they interrupted their guests equally as much. Almost half of Oprah’s hedges can be linked to certainty. Oprah almost never uses the so called female “empty” adjectives. Yes, a lot of the results agree with the research, but many strategies do not. I suggest that their individuality, status and gender are all part of the source of how they use linguistic strategies to approach people. Finally I am glad to say that I could not find anything that indicated that the two hosts used different linguistic strategies depending on the gender of who they spoke to.

9. Works Cited


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10. Appendix
Oprah Show #1

Op = Oprah
T = Trinny – guest
S = Susanna - guest
A = Audience
BE = Bra Expert
W1, W2, W3, W4 and W5 = Women 1, 2, 3, 4 and 5 who got makeovers

1. Introduction of the subject.

2. Op - I’m so excited, let me tell you what. Every woman watching this is going to change your life today’s show is
3. going to change your life, I’m so excited (jumps around) woooooo,
4. Ok, I mean just in our building alone the women are going nuts. Because their lives have changed. Everybody is
5. talking about and I’m reviling a beauty secret that literary performs miracles, It can reverse aging it can make
6. you look 10 even 20 pounds lighter it’s absolutely true it’s something we wear every single day and you know
7. what 85% this is why its going to change your lives listen to this 85% of ALL women are wearing the wrong
8. one.
9. A – Laughter
10. Op – 85 % are wearing the wrong...what is it you ask? In just moments I’m gonna revile my personal discovery
11. I swear by it. It’s time for a coast-to-coast bra intervention.
12. A – cheering
13. Op- A bra intervention. This could be YOU (pointing her finger towards the camera). Listen you could be a part
14. of that 85 %. I want you to meet 5 unsuspecting women – we had to take into custody for flagrant brassiere
15. violations. Take a look…

16. Segment when 5 women are caught in the streets and getting makeovers.

17. Op - Ok so today you’ll see those 5 women transformed not only by the power of the good bra but by learning
18. what to wear this summer to look at least ten times thinner. Joining us from London are the masters of
19. transformation the “what not to wear girls” Trinny and Susanna!
20. A - cheering

22. Segment on how T and S are catching the first woman

23. Op – So these are before, those frumpy mom-jeans and Minnie Mouse shoes – Come-on out!
24. A – cheering
25. Op – Oh no It’s over for you I can see right now that is amazing look at your self?
26. W 1 – These guys are miracle workers.
28. S - We pushed her in very long jeans with an extremely high heel underneath...(Oprah starts saying the next
29. sentence at the same time) Which is the same shoe...
30. Op – (interrupt) Those are wonderful because you know the thing about jeans now I know my staff is getting on
31. me for wearing high waist jeans so I put a sweater over them but the thing with the lower cut ones is their
32. hanging off your ass.
33. S- Yeah! So, well look how tiny her but is.
34. Trinny speaks something unhearable at the same time.
35. Op – Who needs that? (Looking at the audience) That is great, that’s great.
36. S – But the great thing about these jeans too is that they have a little dart at the back here so they fit around the
37. waist so a lot of jeans, if you’re a bit chunky here, can be too loose here and then enormous here or to tight there
38. and still loose in the waist…
39. Op – (interrupts) what are those? What kind of jeans?
40. S – that’s Joe’s.
41. Op – Joe’s.
42. S – and they’re fab, they’re a new discovery that we found.
43. Op - Those are wonderful!
44. T – Thank you.
45. S - So many American women buy those big baggy men’s shirts.
46. Op – Yeah
47. S – OK, A white shirt I just borrow my husband’s. Don’t do it! Get a beautifully tailored white shirt.
49. S - And show off the figure.
50. Op – And your hair oh my God.
51. W 1 – I know!
52. Op – Oh the whole thing.
53. Applause
54. Op – Deirdre been wearing a 36 A, ok 36 A, but when she got fitted she found out she was a 32 C.
55. A – wooo
56. Op – Before Deirdre was lumpy in the back the bra band was digging in and not anymore. That’s amazing.
57. W1 – My husband gets to sleep with a blond tonight.
58. A – waa
59. Husband – Yeah!
60. Op – Too great, too great. Fantastic ok Deirdre thought cleavage was impossible so how did you do it Susanna?
61. S – Well it was just you know the wonders of the bra as you know Oprah it can make you thinner taller more
62. shapely and with Deirdre we put her in a very clenching bra.
63. Op – mmmm
64. S – and you know you forgot that you had boobs, that’s why they were hidden just like this one great big lump of
65. flesh and now we’ve given her two breasts with this very punching bra which allows you to open the neckline
66. deep and again pushing them forward, you know, it doesn’t matter what size your boobs are you should always
67. push them forward.
68. Op – Push them forward, you know I think a lot of women, we’re gonna talk a lot about bras later but they get a
69. bra size when they get their first bra and they never change.
70. T – Yeah.
72. A - Applause
73. Op – Coming up. If your breasts have taken the age train and are heading for your knees…
74. A - Laughter
75. Op - …they are going down south fast stay tune how to turn back the clock with the right bra plus I reveal my
76. own personal discovery I LOVE this bra.
77. Segment about jeans.
79. S – Lots of information there.
80. Op – I know the last time you guys were here, the last time you guys were here I went out I threw away every
81. tapered pant hard to do
82. T – I’m so grateful you did that Oprah thank you
83. S – mnhh…
84. Op – OK
85. S - …did you really?
86. Op – no I…
87. S – you promise?
88. Op – but now I feel liberated because now when you go in the closet you only have the jeans that look great on
89. you, you’re only gonna pull that kind of pants
90. T – You don’t have the option to look bad.
91. Op – And until you brought that up I did not realize how bad the tapered pants looked ah you look like a bottle
92. T & S – mmmmmmm
93. Op – yeah…looks like a, makes you look like a coke bottle. The “what not to wear girls” Trinny and Susanna are
94. back staging a bra intervention and teaching us how to dress 10 pounds thinner for summer or anytime. A few
95. years back I realized I needed my own bra intervention I tried hundreds of bras finally hit the jackpot my secret
96. the best bra for ME is theeee Tisha bra by Le Mystere style number 955. Ahh I’m in a 36 D now I’m gonna meet
97. the bra lady later…
98. A – laughter
99. Op - hmpf everybody has gone smaller and bigger cups, there’s no telling what I be by the end of the day…
100.A – laughter
101.Op - …but it’s gonna happen someday you look in the mirror and notice your breast have suddenly started
102.heading south…
33

103. A – laughter
104. Op - …and you didn’t know you were going to Mississippi…
105. A – laughter
106. Op - …but they’re already in Kentucky.
107. A – laughter
108. Op - Here’s what to do, here’s what to do when that happens to you.

109. Segment on when Trinny and Susanna captures W2.

110. A - Applause
111. Op – OK, to help with our bra makeovers today we brought in an international expert. Take a look.

112. Segment with international expert.

113. A - Applause
114. Op – So cute. So we took…we, we, we took Colette who was saggin’ a bit to Susan for a full bra diagnoses.

115. Segment on poor Colette and the bra expert.

116. A – Applause
117. Op – Fantastic. Well let’s see Colette before. Unpleasant shorts and the bad bra. And the bra that 85% of women are in the wrong bra. And lets see her now come on out Colette come on out.
118. A – Woooo
119. Op – Colette. Ok listen to this. Colette have been wearing the 36 B bra and after being fitted by Susan, what’s your size now?
120. W2 – 34 DD
121. A – Ooooh
122. W2 – DD hehe… my husband said oh yes haha
123. A – Laughter
124. Op – OK, her husband just went yeah
125. A – Laughter
126. Op – Don’t you feel like you’ve had a breast lift?
127. W2 – Yes I’m just so exited I’m just uplifted like…
128. A – laughter
129. W2 - …from top to bottom, the hair, the breasts everything
130. Op – Ok, so let’s, so lets talk about her outfit I love the swing skirt. Trinny.
131. T – Everything on Colette was just going south, you know the boobs were going south everything were going south. So the first thing was to do her hair and get a great colour and bring you know you have beautiful face and bring everything back up here. So you can then admire what is further down. And now they’re high you got a top which has a nice shape here it’s a nice low rounded shape so we see the shape. And also…
132. Op – She looks taller. She looks taller and thinner.
133. T – Taller and thinner and the top is very good because it was a little bit baggy saggy there wasn’t it? There’s a little bit of stuffed so you don’t know what’s flesh and you don’t know what’s folded fabric. You see isn’t that beautiful there? And she’s got a great but, let’s look at that but. OK!
134. A – wooo
135. Op – wooo that’s a great but!
136. T – But you remember she had chunky thighs and they all did that pulling, and the skirt doesn’t do that now so it skims out shows of your fabulous legs and it just gives you an hourglass figure.
138. A – Applause
139. Op – Now what, when you were here before and you talked about Capri’s, I got rid of all my Capri’s
140. A – Ohh
141. T and S – Good.
142. Op – I listened to you I got rid of all my Capri’s because I wasn’t sure if I like was in the category of women who could wear them.
143. T – Just like shorts?
144. Op – Oh, I have no shorts
145. T – ahh
146. Op – I have no shorts, are you kidding?
T – just checking.
Op – I… I… even I know that! They don’t work and that I don’t know who looks good in that? Who looks good in that?
T – Nobody! Even a 16-year-old anorectic model would have a difficulty with that.
Op – With that? With that?
T – It’s not a great look.
S – It’s just very masculine. I mean you look so feminine now, and forget the beautiful figure, you’re a woman…
A – Laughter
S – … and now you are this beautiful, gorgeous, sexy human being.
Op – Fantastic, fantastic. Thanks Colette!
A – Applause
Op – coming up! Big news for big-breasted women. Wait till you see this an instant breast reduction and lift and no surgery required. And later we’re gonna hit the beach for swimsuit interventions how to look at least 10 pounds thinner.
Segment on bras.
Op – Never underestimate the power of a good bra! Let’s face it the bigger you are the more power you need.
Remember Jen was filling out of her bra. Trinny and Suze spotted her shopping a few days ago. Woo, Nellie, intervention time here.
Segment with W3 shopping.
A – Applause
Op – Ok, Jennifer before. And let’s see her now. Come on out Jennifer! Come on out.
W3 – I wanted them smaller, C.
Op – No way! Not even close. She was in for quite a surprise when she came face to face with Susan. It looks like Jen got a breast lift and reduction just by getting the right bra. What size bra are you now?
W3 – 32 G
A – Laughter and clapping
Op – You thought you were 36 C?
W3 – I wanted them smaller, C.
Op – From the front you got all that leg that will give you length as well. So one colour, great ankles, great shoes…
T – … you are taller.
Op – Yeah
T – She went from apple to hourglass.
Op – From the front you got all that leg that will give you length as well. So one colour, great ankles, great shoes…
T – Yeah
Op – Yeah
T – … you are taller.
Op – So straps break up the leg.
T – Yeah.
Op – Susanna says that the v-neck obviously is critical for anybody with big breasts.
212. S – Yes it because if you have a v-neck then you’re separating the breasts you need to break them up…
213. Op – Got it
214. S – …with the v
215. Op – Got it. Sus ah Susan says that the centre of the breasts should be at the same height as the mid-point between
216. the shoulder and elbow can you get up there and show us what that means
217. BE - sure
218. Op - OK, on her.
219. BE – What’s really key is that you look at shoulder and the elbow here you always want the volume to be
distributed by even way between
220. Op – Yeah
221. BE – When we lift her up we bring the bust line within the body frame so the combination of bringing the bust
line in and giving her increased lift gives her that elongation that she needs
222. Op – So the breasts is suppose to be between here and there
223. BE – Yeah mid-way between the shoulder…
224. Op – OK
225. BE - shoulder and the elbow
226. Op – Good
227. BE – It just gives you a measure so that you know with your eyes when you’re in the dressing room, is it right or not
228. Op – But OK this is what I’m confused about because ahhh I thought this this determined what the width of the
bra was.
229. BE – That’s correct
230. Op – Right
231. BE – And most women are wearing their bras way to high here so if you measured it the higher place you would
be bigger around. If you bring it down you eliminate all the soft tissue here…(she continues to speak but Oprah
speaks at the same time so you can’t hear her)
232. Op – Yes so where are you supposed to be measuring? Where are you supposed to measure?
233. BE – If you look at your bra, if you put your arm up and look in the mirror and you look side to side you want to
be level front to back.
234. Op – Level front to back
235. BE – Even could be a little bit lower
236. Op - OK
237. BE - could even be lo…that’s what gives lift it’s like a bridge if it if it’s properly plant at the base it can give lift
238. Op – OK, thank you so much. Thank you Jennifer!
239. A – Applause
240. Op – Coming up! The days of stuffing your bras with cleanex are long gone, lumpy padded bras won’t do you
any favours. New hope for flatted chested girls next.
241. A – Wooo!
242. Segment with Trinny about shoes.
243. A – Wooo!
244. Op – Shoes can add pounds. Shoes add pounds. Now small busted women we’re talking to you. Lumpy, padded
bras are soooo over. Help for a flat chest is on its way, take a look.
245. Segment on Trinny and Susanna capturing woman number 4 for a makeover.
246. A - Applause
247. Op – Ok, that was Brianna before, ahh lets see her now come on out!
248. A – Wooo!
249. Op – Shoes can add pounds. Shoes add pounds. Now small busted women we’re talking to you. Lumpy, padded
bras are soooo over. Help for a flat chest is on its way, take a look.
250. T – This gorgeous thingy’s!
251. A – Laughter
252. T - This is what I live for!
253. A - Applause
254. T - This is, there are this…I’m just relieved that we are talking about flat breasts now because I was really feeling
left out. Brianna and I we just suffer from having lack of breasts and what this does, we call them chicken filling
in England, it’s like a silicon thing and you put it, you put your bra on and you put it in and it pushes cleavage
268. you know she HAS a cleavage, she never had a cleavage and I want to go in and snuffle in that cleavage
269. A – Laughter
270. T – And it’s so sexy and you know before there was this woman wearing stripes which made her even flatter…
271. Op – mhm
272. T - …now she has a gorgeous cleavage
273. Op – Show us how it works, you put it inside?
274. T – You put it inside, you give yourself cleavage
275. Op – yeah
276. T - and in here, in there I can’t take it all out. In there, there is one of these and they’re just pushing them in the
277. sides and they’re giving her that sensual, beautiful…
278. Op – Fantastic
279. T – …cleavage.
280. Op – Fantastic
281. A – Applause and wooooo
282. T – Brianna is not perfect, you might look at her and say she’s fabulously skinny but before she was wearing that
283. short skirt and knee at the wrong place and Brianna does have a bit of a thigh issue, sorry darling.
284. A – Laughter
285. T - But she does OK so you got to always cover the thing you dislike. So she’s got these great firming knickers
286. on
287. Op – Alright
288. T – So it gives that nice smoothness here we think oh …
289. Op – yeah
290. T – …gorgeous figure
291. Op – I love those, are those Spanx?
292. T – Yeah
293. Op – I love Spanx, I love Spanx
294. T – And they really flatten everything and then ending just at the perfect place for her legs instead of this place
295. where the thighs going out
296. Op – Yeah I wear them too, I wear Spanx every single day. I’ve given up panties I wear Spanx.
297. A – Laughter
298. T – And often on the…
299. Op – That’s more information then you all need to know but
300. A – Laughter
301. T – Her boobs are also going east west
302. Op – Yeah
303. T – You know what I mean, when people’s you know, some of you might have that breast that does that…
304. Op – Yeah
305. T – …you gotta go schwwwww
306. A - Laughter
307. Op – Yeah
308. T – and you see that’s what gives you the cleavage
309. Op – Fantastic. I know you feel good
310. W4 – I feel wonderful
311. Op – Feel wonderful, you look great
312. W4 – thank you
313. Op – Thanks Brianna. Coming Up. An alarming confession this mom admits to wearing the same bra for
314. decades
can you believe it. Plus the number one fashion mistake women make in the summer time, we’ll be back. You
315. look great.
316. A – Woooo
317. Op – 49 year old Beleta sent us an alarming e-mail confession, she admitted to wearing the same exact bra model
318. for more then 20 years. So Trinny and Susanna paid her a surprise visit, take a look.

319. Segment on Trinny and Susanna’s surprise visit.

320. A – Applause
321. Op – I know this is a great alternative because it’s fitted, we’re talking about those dresses, I call them mall mom
322. dresses
323. A – Laughter
324. Op – They’re like prairies…
325. S – It’s like wearing a dishcloth
326. Op – Yeah, yeah
327. S – You know we don’t wear dishcloths
328. Op – So lets see Beleta before and come on out now. Beleta.
329. A – Wooo
331. W5 – Thank you Oprah.
332. Op – You look like you’re in the right body space for you yeah.
333. A – Laughter
334. W5 – These people are amazing things
335. A – Laughter
336. Op – These people do. These people do. Beleta been wearing a 34 B get this her new bra is a 32 D…
337. W5 – Yes
338. Op – I you’re a D God help me.
339. A – Laughter
340. Op - You’re a D?
341. W5 – Unbelievable. I can’t…
342. Op – I can’t believe it…She’s a D?
343. BE – She’s a 32 D it’s very different then a 36 D every time you go in the same letter like D32 to D34 to D36…
344. Op – Aha
345. BE - …it gets approximately 1 inch deeper in the cup so D:s gets progressively larger as you go up.
346. Op – Ok, Beleta is a serious shortsoholic we saw with dozens of high waisted, pleated Bermudas that Trinny and
347. Susanna I know you your hearts must been palpitating in there
348. A – Laughter
349. S – Really I came out in a rash looking at it
350. Op – Really? The truth is those are made for who are those made for?
351. S - Those are for men. That’s like grandpa shorts.
352. T – That’s a matching set…
353. A – Laughter
354. T - …cause you notice the little emblem on the t-shirt is the same repeated on the shorts which is a tragedy at the
355. event
356. A – Laughter
357. Op – Ok, we told Trinny and Susanna that the American women may not be ready to give up all their shorts so
358. we asked them to find a pair that’s more acceptable then the big pleated variety. Right and…
359. A - ooo
360. T – I mean I think what’s acceptable if you imagine that if you wore your best pair of pants not any of the ones
361. we’ve seen on the before but the kinda low waisted, fitting on your but, take them and cut them at the knee. That
362. is the only way to me you could wear a short
363. Op – Do you like yourself?
364. W5 – Love it…
365. Op – Love it
366. W5 – I just can’t believe it
368. W5 – Thank you
369. Op – Thank you. We’ll be right back.
370. A – wooo when back applause
371. Op – Well the truth is you won’t wanna go to the pool or the beach this summer without hearing this advise first
372. we’ve tagged along with the ahh O Magazine crew when they headed to the islands for beachside swimsuit
373. rescues. Take a look.

374. Segment on the beach.

375. A – Applause
376. Op - They’re all in O’s June addition, there are great swimsuit makeovers in O’s June addition. I thought that
377. lady in the pink that was the best one…
378. S – Stunning
379. Op - …was that stunning?
380. T and S – mmmhmm
381. Op – We said during the break. I think it’s the number one mistake women make is not investing in a good bra.
382. S – Good bra.
Op – you know it’s what women spend the least amount of money on and it’s the thing that’s gonna change your whole look
T and S – mmm
Op – Are you kiddin’ there’s bras for five dollars
A – Laughter
S – Forget it
Op – I’m like, you can’t hold up a D-cup with five dollars!
A – Laughter and applause
Op – You can’t do that! You can’t, you can’t! It can’t, It can’t be done! Thanks to everybody at the Ritz Carlton St. Thomas. We’ll be right back.
A – Applause
Op – This is so interesting cause I think a lot of women get stuck, I know when I had to move to a D I was really like trying to hold on to the C
A – Laughter
Op – I was trying to hold on to the C and you were saying that you wanted to be a C now you’re G, G, G, G!
A – Laughter
Op – And a lot of women wanna hold on to it because they have some I don’t know crazy idea that that makes them look thin even though the breasts are falling out of the cups, right?
BE – Yes its very common for people to stay in the same size for many many years and like the average women would change 6 maybe 8 times in her life.
Op – Really?
BE – Diet, weight gain, weight loss, childbirth, menopause…
Op – Changes the shape of the breasts
BE – Changes it, and maybe she doesn’t need a different size but she needs a different style bra
Op – Yeah
BE – That bra is not working for her anymore. So what we’re always trying to do look at how to balance her bust line within her body frame…
BE – …and give her the most look for the money.
Op – Aha
BE – No so not every woman can wear the same kind of bra?
BE – So we go to specific bras that we know are gonna achieve the objectives that we want for that customer based upon her body frame and what makes her sp…
Op – I don’t wanna give up on my Tisha 955.
BE – You don’t have to give up your Tisha.
Op – Ok thanks Susan, we’ll be right back ok
A – Applause

Segment on the makeover team.

Op – Thanks Trinny and Susanna, their latest fashion handbook is called What You wear Can Change Your Life. And as we’ve just seen from the women it really can. Did you know the man that invented my favourite bra, the Tisha, is here. This is my favourite bra, we had it on the show, I hadn’t discovered it until we had some people on the show and they had them on and I’ve been in this bra ever since but maybe I’m now thinking that’s a little big for me.
A – Laughter
Op – This is a 36 D, where is the man, Michael?
A – Applause
Op – Michael Rabinowitz. And because Michael knows I love this bra so much, he wanted everyone in the audience to get a Tisha bra, so…
A –wiiiiiiii
Op – By La Mystere, thanks to our friends at La Mystere. Bye everybody!
Oprah Show #2

Op = Oprah  
N = Nate the decorator  
H = Hillary, woman who gets a makeover on her flat  
A = Audience  
A1, A2, A3 = Female audience member 1, 2, 3

Introduction of the subject.

1. A – Wooo and applause
2. Op – Hey…
3. A – Applause
4. Op – I’m trying
5. N – Do you want me to put it on?
6. Op – NO! It’s the first time I tried any this long and they’re a little heavy and they’re pulling on the hole a little bit.
7. A – Laughter
8. Op - I guess I didn’t have it in all the way, I’m still…all you all who says it’s the simplest thing in the world…
9. A – Laughter
10. Op – NOT! Hi!
11. N – Hi!
12. A – Laughter
13. Op - Nate is back today on a special assignment heh,
15. Op – And ah, this was ah, I have to say ah I have to say this was an emotional ah project. It’s one that he will never forget and you’re about to see why it all begins in New York City with a family who is facing one of their most difficult years of their lives. Take a look.
16. Segment on the story of the family.
17. Op - Over the years we’ve asked Nate to jump in to all kinds of decorating assignments from sophisticated to comfy casual and he always comes through. For Hillary Nate knew he had to deliver something he’d never done before. Take a look.
18. Segment when Nates visit Hillary.
19. A - applause
20. Op – Yes, as I look at it it’s a beautiful apartment, clean lines.
21. N – mm, yeah beautiful apartment. Amm, it really wasn’t about the fact that the apartment was ugly, it was just all the memories that that of Joe that were there and present and omnipresent ah and it just hadn’t been changed since he passed away.
22. Op – And you thought of moving, right?
23. H – I thought of it but the stress of moving would just be adding on to all the other stresses, so
24. Op – Right
25. H – yeah
26. Op – Which is one of the biggest stresses there is
27. H – Yeah
28. Op – Yeaah, coming up a special renovation to Hillary. Don’t miss Nate’s touching transformation. We’ll be right back.
29. A - Audience
30. Op – So, this question. Can decorating help heal a broken heart? In our January issue of O – Magazine our own designer Nate Berkus was faced with an emotional challenge to help a young widow Hillary Ofenburgh find joy once again in her New York home. Remember what her living room looked like before? There it is. Nice. Here it is now.
31. A – Applause
32. Op – Let’s see what Hillary thinks.
33. Segment on the apartment after the makeover.
A – Wooo
Op – Hillary that’s great. I, I hear that the room incentives you to be more cheerful.
H - Oh well it’s so bright, I had like a night light in the hall-room before and so beautiful we used to sort of pass
through that room to get to the bed-rooms and the kitchen I never spent any time in there and Carly and I do
everything in there we even eat in there.
A – Laughter
Op – And so I love that feather on the wall, didn’t you?
H – Isn’t that beautiful?
Op – That is just beautiful…
H – yeah
Op - …well this is what I love about this guy, this guy you guy
A – laughter
Op – this is what I love about you is really can…cause I’m now thinking now what do I have that is equivalent
of a feather?
A – Laughter
Op – I mean you, you take the simplest thing like in Jerry’s you took the football the ticket from the Super Bowl
game…
N – Right
Op – The simplest thing and make it art.
N – Well this, you know what, this is not about me. It’s about the story of the people that live there.
Op – Yeah
N – I don’t want it to be about me I mean I wanna have, take what they have and what’s meaningful for, for
them…
Op – mmmm
N – …and I wanna, I wanna present that in a way that they haven’t thought of.
Op – And the, and you also give the room a soul I know, I know cause don’t you ever walk in to peoples houses
and there’s not a soul there
A – Stirring
N – In every price point too.
Op – Yeah, yeah
N – In every price point because people just, you know there’s nothing wrong with wanting what’s pretty
Op – Yeah
N – Everybody likes pretty things
Op – Yeah, yeah
N – But I think that it’s really ye ye you have to put some thought into it and you know, what is your feather? I, I
know what my feather is. But you know…
Op – You do?
N – I do.
Op – Oh God I’m gonna go home and think what is my feather?
A – Laughter
Op – Does everybody know what theirs is? That’s a good question.
A – Applause
Op – When we come back why workin’ on Hillary’s place holds a special place in Nate’s heart. What is my
feather?
A – Laughter
Op – Wha I I think my dogs are my feather, my dogs are my feather. Pictures of my dogs.
N – Otherwise we can’t mount them.
A – Laughter
Op – We can’t mount them. But my dogs are my feather ok, we’ll be back, oh I’m thinking about it.
A – Applause
Op – I know everybody’s, are you thinking about what’s your feather?
A – Yeah
Op – I was just telling Nate I think mine might be a beautiful quote…I love collecting quotes I have a quote-
book where I collect great quotes. And so the other day I was…sitting in the bathroom…
A – Laughter
100. Op – …and I…
101. A – Laughter
102. Op – …and I…
103. A – Laughter
104. Op - I was looking up at the wall, and there was, I was thinking, I put a painting there and I don’t like lookin’ at
41

105. that, I don’t like lookin’ at that so I was thinking maybe put quotes on the wall, but I’m not sure how to do it.
106. N – Beau… You, I love that idea.
107. Op – Do you?
108. N – It’s beautiful. Maybe a calligrapher can all do them on old rise paper parchments and just frame them.
109. A – ahhh
110. Op – Good idea.
111. A – Laughter
112. N – I’m trying here
113. Op – Good idea
114. A – Applause
115. Op – Ok, there’s an other reason why Hillary’s emotional renovation will always be special to Nate because it
116. was the last O Magazine assignment photographed by Nate’s partner Fernando…ah…and it was their last job
117. together before Fernando was lost in the Tsunami, ah that they had done together. So when you look at now, I’m,
118. I’m thinking for everybody who has lost a loved one, doesn’t it come the memories come up and well in places
119. where you don’t expect them?
120. N – Yeah
121. Op – don’t you look at that you think about our last time working together?
122. N – Right, absolutely I do, I mean in some ways it’s very bittersweet for me…
123. Op – mmmm
124. N – …ahh, but in some ways I feel really lucky because a lot of the time that Fernando and I spent together was
125. documented…
126. Op – Yeah
127. N – …because of you…
128. Op – Yeah
129. N – …the first magazine shoot he shot and the last magazine shoot that I’ve done…
130. Op – Yeah
131. N – for Hillary ahm he shot and so he was present often times when the cameras were there and all of that so it
132. does bring in memories and as I look at things I can see his influence ahm especially in, in that house.
133. Op – Now I thought it was so interesting because you were saying to Hillary this is with Fernando in the room…
134. N – mhm
135. Op – …actually when he was shooting…
136. N – right
137. Op – ah you were saying to her you know I can imagine how it feels like to have these pictures from the person,
138. and now you know what that is.
139. N – Yeah, I think I was lying…
140. Op – Yeah
141. N – I think I, I think I couldn’t imagine I think I wanted to connect with…
142. H – You even apologised to me in a way…
143. N – Did I?
144. H – …you said am I being insensitive and I said no not at all and then it was like foreshadowing in a way
145. N – Yeah I do know how, I was hearing what Hillary had to say about it…
146. Op – Yeah
147. N – …but it had no frame of reference for me and so now when I look at that and what I did A: I’m really happy
148. that it, that it makes you happy to be in that space that it, that it, that it was successful for you to be able to
149. cherish his memories and live on with those memories in a way that was more subtle and meaningful ah but I’m
150. a different man now so I really the connection is so different…
151. H – It is, it is
152. N – …to me to be able to see…
153. Op - yeah
154. N – …how that process work
155. Op – well that is the lesson of all suffering cause it make you understand other peoples suffering
156. N – Yeah
157. Op – A lot better
158. N – Yeah
159. Op – And I know that you’ve taken ideas that you used for Hillary in Hillary’s apartment for your own
160. N – I, I did
161. Op – Yeah
162. N – Yeah I did
163. Op – What’s your feather? Can you tell us?
164. N – Ahm, my feather is actually a, a woven photograph, that well I got lucky cause Fernando was a very visual
164. person…
165. Op - Yeah
166. N - …So he didn’t just leave a little feather…
167. Op - Yeah
168. N - …He left me one of those woven photographs ah that he would take ah images that he had shot…
169. Op – mhm
170. N – and it’s of a Joshua tree in…
171. Op – ahh
172. N -…California and he wove the image together, it’s huge.
173. Op – Yeah
174. N - it’s a big feather

175. Op – Yeahaha
176. N - But that is, but that is by far the most meaningful that I have in my home.
177. Op – That’s wonderful
178. N - Yeah
179. Op – That’s wonderful. Well thank you. Thank you very much
180. A - Applause
181. Op – Next, Nate shows us around his own house, an exclusive tour of Nate’s house, to see how he lives.
182. Don’t you wanna know?
183. A - Yeah!
184. Op – I do!
185. A – Applause
186. Op – Nate, of course we know have done some of the most incredible transformations we’ve ever seen says his
187. own home is a true reflection of his personality and is filled with the things he loves. For the first time we’re
188. bringing cameras in to Nate’s house.
189. A –Wooo
190. N - Haha
191. Op – haha, which Nate didn’t know about until this minute but haha
192. All laughing.
193. N – that was an interaction
194. Op – I think it’s so funny
195. N – I was like NOW?
196. Op – No like the producers came out and said we’re gonna take cameras into your house because and Nate goes:
197. Are the cameras there now?
198. All laughing.
199. Op – No we are going to show pictures of your home, really how?
200. A –Laughter
201. N – Well these people here move fast.
202. Op – I know
203. N – I thought they might be…
204. Op – I know haha but it’s so funny, cause it wouldn’t surprise me one bit. And now Nate let’s look at your home.
205. All laughing.
206. A – Applause
207. N – Exactly
208. Op – Now that’s just so funny. Nate we are going to show pictures of your house. We are? Haha.
209. All laughing.
210. Op – Ok, that’s what she came out to tell you. Ok, I’ve been there and it’s very cool.
211. N – Thank you.

212. Segment on Nate’s house.

213. Op – Very cool
214. A – Applause
215. Op – It’s a cool house, it’s cool like you are. You kind of look like your house today.
216. N – I do look like my house
217. Op – In tone to your house.
218. N – Yeah
219. Op – Do people do that normally?
220. N – I think so
Op – Yeah
222. N – I really do
223. Op – Yeah that you sort of dress like your house.
224. N – Right
225. Op – So when you’re sitting on your sofa there you kinda look like you belong
226. A – Laughter
227. N – Correct you know what my dogs match
228. Op – Yeah well this is what I love about your house you know when I was there is that the dogs were, the dogs
229. were on the bed the dogs were on the sofa
230. N – It’s a dog house
231. Op – It’s their home too, it’s a doghouse
232. N – It’s a doghouse
233. Op – It’s a doghouse
234. N – Yeah, they ah no they’re all over the place
235. Op – Yeah, I’m like you I wouldn’t have a house my dogs couldn’t live
236. N – No I couldn’t be less interested in that
237. Op – Yeah, I know I don’t care about any of that
238. A – Laughter
239. Op – Coming up. Inside Nate’s bedroom so many of you wanted to go there!
240. A – Laughter
241. Op – This is a funny thing. We were talking about, when I, when I read that line about everybody wanting to go
242. to Nates bedroom. I bet you cannot believe what I was thinking at that moment.
243. A – Laughter
244. N – I’m scarred right now
245. Op – hehe, I was thinking about there was a moment I think Nate was here and Halle Berry was here at the same
246. time and I…
247. N – No
248. Op - …no, no, no really I’m just and we were back at the back and Halle Berry goes my mother wants you to put
249. sperm in a cup and give it to me
250. A – Wooo, laughter, applause
251. N – How did you know?
252. Op – Right, no really it’s so funny Halle, you know, it’s, it’s not a big secret, Halle says she wants to have a baby
253. and she wants Nate’s baby
254. A – Laughter
255. Op – And she said look you don’t have to go through anything, you know, listen save your time, put it in a cup,
256. I’ll take it home…
257. A – Laughter
258. Op – And I said, DO IT!
259. A – Laughter
260. Op – DO IT!
261. A – Applause
262. Op – Cause lord knows I wanna see that baby
263. A – Laughter
264. Op – Would that be a pretty baby. Halle Berry and Nate. Oh my God. For you, but I think that’s great, now now
265. Halle Berry ain’t offering her self up for too many people
266. N – It was a great offer
267. Op – It was a great offer
268. N – No honestly, we had a little argument about it because Halle said to me you’d be so great because you would
269. never want anything to do with the baby. I said…
270. A – Laughter
271. N - Ok…no?
272. Op – No?
273. N – I’d be like calling you like, where’s the baby the baby was suppose to be here a minute ago
274. A - Laughter
275. Op – Where’s my baby?
276. N – Right
277. Op – Like yeah like you now like in the hood they say like he my baby daddy, you would be…
278. All laughing.
279. N – I didn’t know that
280. Op - …no they do, they do, they say he my baby daddy, he my baby daddy you would be Halle baby daddy.
281. All laughing.
283. N – That works
284. Op – That works, you know, oh you think you’re gonna go on write a book and have a whole line of things NO
285. you’re gonna be Halle Berry baby daddy.
286. All laughing.
287. Op – Yeah! Nate Berkus? I’m Nate Berkus. Halle Berry baby daddy!
288. N – I’m her baby daddy.
289. Op – Her baby daddy. Ok. Now we’re going into Nate’s master bedroom. So many of you wanted to go there I
290. understand.

291. Segments on Nate’s bedroom.

292. Op – Thanks for letting us in.
293. N – Thanks
296. Op – You live very well, I’m very proud of you.
297. N – Thank you hehe
298. Op – hehe, we’ll be right back.
299. A - Applause
300. Op – We’re talking decorating ideas and this woman is the do-it-yourself queen when we heard about Marian
301. McEvoy’s decorating mantra, make it beautiful, make it memorable, make it fast and make it with a glue gun…
302. A - Laughter
303. Op – We thought that might be very interesting ah we knew her home would be like nothing we’d ever seen and
304. it’s nooot!
305. A – Laughter
306. Op - Take a look

307. Segment on Marian’s home.

308. A - Applause
309. Op – Lot of do-it-yourselfers out there, hope you got some good ideas.
310. A – Applause
311. Op - She is in the current addition of “O at home” on newsstands now, I, I I’m not a glue-gun-girl I can just tell
312. you that.
313. N – Hahaha
314. Op – Not a glue-gun-girl but to each is own, I think that she’s very imaginative and creative.
315. N – Yeah the creativity is amazing
316. Op – Yeah
317. N – I mean she’s made beautiful, beautiful things
318. Op – Yeah
319. N – I can’t work a glue-gun
320. A - Laughter
321. Op – No…
322. N – I tried I’m like this
323. Op – No, no nor am I and glue is everywhere
324. A – Laughter
325. Op – Ok, we have some decorating questions too
326. N – Nicki…
327. Op – Nick…
328. N - …from Chicago, Illinois
329. Op – Nicki from Chicago
330. N – Where are you?
331. Op – Ok
332. N – Right there
333. Op – Ok, we’ve got free decorating advise here
334. A – Wooo
335. Op – Free decorating advice from the maan
336. All laughing.
A1 – I think this is me, I been married for 7 years and we are still have hand me down furniture…
N – mhmm
A1 - …and it looks like college dorm room, it’s horrible, hehe, we need to grow up
Op – Mature
A1 – We have hand me down…
N – You wanna know where to like start?
A1 - Yeah like…
N – How to start?
A1 –Ye…
Op – If you don’t mind
A1 – plea…
Op – If you don’t mind
N – I love her accent though
Op – Yeah I love her accent too
Op – And you’re in Chicago
A1 – I’m sorry
Op – Ah good, so lovely
A – Laughter
Op – If you don’t mind
A – Laughter
N – So what’s, well what’s your question? You have, you have hand me down furniture…
A1 – We have hand me down…
N – You wanna know where to like start?
A1 - Yeah like…
N – How to start?
A1 –Ye…
Op – This is a good question, let me ask it for you
A – Laughter
A1 – plea…
Op – If you don’t mind
N – I love her accent though
Op – Yeah I love her accent too
Op – And you’re in Chicago
A1 – I’m sorry
Op – Ah good, so lovely
A – Laughter
Op – Ah, should you start, when, when you got a place, like, for example ahm the last time we were looking at
Jerry O’Connell place, where the whole place was kinda…
N – A mess
Op – A mess, needs, needs help. Do you start in one room and work out? Or as she’s saying she’s living and it
still looks like a college dorm. Do you take one good room ah, ah one room you…
N – I think so
Op - …feel like you can handle…
N – Yeah
Op - …and then work your way out, or, I think well ok that’s an answer
N – Yeah I think so, I think that the…
Op – And what room should that be?
N – I think it should be the room you use most, your family room.
Op – Ok
N – But you know I believe in two things, I believe in when you buy things that are expensive like a sofa or ah
something that really feels like an investment, you need to keep it as plain as possible…
A1 – Simple
N – …simple
Op – Simple
N – Simple as possible and also ahm, don’t buy stuff just to buy it to fill the space. Just take your time. There’s
so many great things like catalogues and the Internet You can sit on the web from your house and compare styles
and prices and all of that so make careful decisions but keep the the bigger items, like a fun chair – great! you
see something in a flea market or something just buy it and throw it in the car but a sofa or something like that,
that takes some thought and a lot of money ahm make sure that it’s simple and that it’s a clean design that would
work with any design you want it too.
A1 – Ok
Op – Ok, I have another question based on her question. Should you, is, is, is providing for your home is like for,
for like shopping for clothes, for example you can buy shirt and then two years later find a pair of shoes that
exactly match
N – mhm
Op – Ok cause this shirt is two years old and these shoes are this year
N – Haahaha
Op – And it’s so exiting to me. So should you, well my theory is just get what you love…
N – Right
Op - …and then eventually it all comes together. Does that work in a house too?
N – You know it does work in a house, I mean it takes it, it usually takes a second opinion because when people
are decorating their own homes you stop, you kinda loose track of what you’re doing
Op – Yeah
N – Ahm if you buy what you love

Op – Yeah

N – Always that’s what I buy, I don’t know where things are gonna go when I buy them typically. But if you do buy what you love eventually it will work its way in.

Op – But, big items - you should know where they go or not?

N – I don’t really think so

Op – Really?

N – I mean I yeah...

Op – You might end up with three big old chairs you don’t know where to put them.

A – Laughter

N – Well you kinda have to keep a mental inventory…

Op – Ok

N – …when you’re shopping but I think that you know, even if you do end up with big old chairs maybe that’s a corner of the bedroom that was previously ignored

Op - Ok

N - And you bought something that you thought would be in your living room but, and I move stuff around all the time

A – Laughter

Op – So you change things a lot

N - …have stuff that I don’t change…yeah change it all the time

Op – Ok, ok

N – A, a…

Op – I gotta do that more one time done…

N – You’re done?

Op - ...I put the candle there, I don’t move it for 10 years

A - Laughter

N – Well that’ll be a lot…

Op – I’m gonna move around a little more

N – …that’ll be a lot of running around

A - Laughter

Op – hehe…I get it in place, that’s it. We’ll be right back.

A – Applause

Op – Ok next question.

N – Ok

Op - Ok somebody else got a question for Nate…whoo did we want?

N – Ah, how about Stephanie Barnes?

A – Laughter

N – Oh my God!

Op – Hi Steph!

A2 – Hi, ahm my question was is using ahm artificial or fake plants and flowers is that considered tacky?

A – Giggling

N – Yeah

A – Laughing

Op – I don’t use them!

N – You know what and my mom disagrees with me, because my mom ha…uses fake flowers and I, I just you know, I hate it

A – Laughter

N – I’d rather have a branch or some coral or something that you don’t need to keep buying if you want something natural in a room ahm…even…

Op – wow

N - …yeah rocks

Op – Rocks

N – Beach glass anything

Op – Sticks

N – anything

Op – Sticks, branches

N – But you know what funny too is that I don’t know…

Op – A bowl of lemon
455. N – Yeah exactly, fruit anything like that
456. A2 – Well I like hydrangeas real hydrangeas but their colours have drained
457. N – That’s fine though those are just dry
458. Op – Those are dry
459. N – Those are real so
460. A2 – But they look horrible because now they are like brown
461. A – Laughter
462. A2 – So I’m thinking should I get like fake hydrangeas or?
463. N – No…
464. A – Laughter
465. N – No, no, no, no, no ahm, you know what, cause, cause you can do better. I mean I actually was just in
466. Arizona working for a client and I needed ahm he’s a bachelor and I needed some stuff and I went outside in his
467. yard and broke some twigs and branches and cactuses and things like that and just brought it into the house, and
468. he said to me I’ll never be able to keep that up I don’t you know how am I gonna keep that on the table?
469. A – Laughter
470. N - And I said ahm well just go outside…
471. Op – And break some twigs
472. A - Laughter
473. N - …break twig goes twig, you know cactus goes cactus ahm but you know go outside you know even leaves
474. from a park are beautiful in a clear glass-was. I rather see that then fake anything, anything
475. Op – yeah and I did this, I did this I had a dried hydrangea you have to, they’re only beautiful for like a month or
476. so even if they’re dry you know and I, I realized mine’s been sitting there five years
477. A – Laughter
478. Op – But they, they died they turned, they came back, they went to the earth, they came back
479. A – Laughter
480. Op – You know what I mean, they have to come out, they’re only great dried for a season. Ok, great yeah thank
481. you.
482. A2 – Thank you.
484. Op – Ok, next
485. A – Applause
486. N – Ahm, Carolyn Woods. Where’s Carolyn?
487. Op – Where’s Carolyn, where are you Carolyn? Ok, yeah Hi.
488. A3 – Oh, I wanted to ask how to successfully ah combine antique furniture with more contemporary things
489. especially paintings and things like that.
490. Op – What’s what’s antique, the paintings?
491. A3 – No. The, the, the you know hand…things I’ve gotten from family members and such.
492. N – Well you know, you are lucky that you’ve gotten some fabulous antiques from family members. That is
493. actually my favourite thing about decorating is mixing different periods and styles. I don’t think there’s anything
494. more beautiful ahm then a, then a beautiful ahm antique chest of drawers with a modern photograph above it or a
495. beautiful modern painting and the mix that balance, the, the trick is not to go somewhere in the middle if you
496. have something that is old and you really wanna mix those styles then, then you have to do something that’s,
497. that’s decidedly modern with it, it’s obviously modern you can’t put a kind of a…
498. Op – oh good…
499. N – I, I’m trying not to say halfass here…
500. A – Laughter
501. N – And I’m, And I’m tripping my self up
502. Op – Isn’t that word so useful, halfass?
503. N – It is so useful!
504. A – Laughter
505. Op – Sometimes…
506. N – I can’t
507. Op - …nothing substitutes for it!
508. N – Nothing
509. Op – You’re so right!
510. N – I’m like…
511. Op – You can say mediocre
512. N – Something in the middle
513. Op – …and you can say middling
514. N – Right
but sometimes there’s nothing like halfass

...what you meant. You got a few people are gonna be writing YOU letters but that’s ok, that’s ok

That’s a great thing to say…

Well it’s true, it’s really, really true

So if you got old furniture, all antiques, antiques then you should do something really startling modern?

Yeah I did that actually in an O at Home makeover ahm for Ellen Levar. I had an antique French chest of drawers…

Ow ow ow

...with a black and white painting over…

Was that the purple one?

Yeah, yeah and it’s just I mean that goes for you know, even if you have an old dining room set, do a really simple modern upholstery on the seats and keep the or maybe you redo the seats and keep the beautiful old wood table

Aren’t dining rooms the hardest?

Nightmare

I just think, don’t you all think that?

A nightmare

I just think dining rooms are the hardest

Yeah well I hate sets

I’ve always hated sets

Yeah, yeah

So I mean I think if you have a dining room set break it up

Yeah

Like take the buffet and take it in the, on the, a wall in the living room or do a different chair with the fold table and you know, two pieces that match I think are ok in the room the…

But you just said something in the clip, and you know I have a dining room with antique table, antique, antique, and I can’t figure out what to do with the wall. This has been very helpful for me, tha…

A nightmare

I learned so much about my self ahh, and then I’m thinking yeah that’s what I should do just go modern on the wall, go modern, go completely abstract.

Lacker some…

Yeah!

...thing...

I know Nate. Ok, ok, thank you we’ll be right back

Applause

Thanks, that was great

Thank you

Great

Thank you

Both Op and N – Hehe

Bye everybody, bye, thanks for enjoying this!

A – Wooooo!
Dr Phil Show # 1

P = DR. Phil
A = Audience
B = Bree, playing dating game
M1, M2, M3 = Bachelors number 1, 2 and 3
FA1, FA2, FA4, FA5 = Female audience member 1, 2, 3, 4 and 5
MA1, MA2, MA3, MA4, MA5 = Male audience member 1, 2, 3, 4 and 5
PS = Dr. Pepper Schwartz
K = Ken, old dater
Ba = Barbara, old dater
R = Robyn, Dr. Phil’s wife
M = Minerva, dated Fred
F = Fred, dated Minerva

1. A – wooo
2. P – How you doin'? Alright, well thank you. Alright, well it is time for valentines so we are looking to find love
3. for all of these single ladies in our audience!
4. A – Waiiii
5. P – They all say it’s hard to find the one, the right guy. Now I’ve said for some people that just meeting
6. somebody is the toughest part, but do you know why? Cause you get busy, you just go home, work, work, home,
7. home, work, work, home. Somebody have to throw them selves on the hood of your car.
8. A – Laughter
9. P – To meet you! You knock them of with the wipers if you don’t like them. Alright now one thing to help out
10. single people is Internet-dating. 50 million of you are now trying it. There are all kinds of dating sites, and I
11. mean all kinds. There are sites for tall people, short people, cowboys…
12. A – Laughter
14. A – Wooo, laughter
15. P – There are sites for the large and lovely and even hillbillies can hook up on hillbillydating.com
16. A – Laughter
17. P – Well one site claims to just find not just a date for you they take it a step further and give everyone a
18. compatibility test and match you with your perfect mate. The site is appropriately called perfectmatch.com, now
19. their goal is to find you a long-term relationship, not just a one-night fling. We’re gonna see how this whole deal
20. works and find out if we can make some perfect matches today.
21. A – Applause
22. P - Well now, I’m glad to see all you beautiful ladies here but there’s something missing…
23. A – yeeaaah
24. P – Alright, only half of the audience is here. These women are all apart of perfectmatch.com. And what they
25. don’t know is that we have their perfect match here.
26. A – Wii
27. P – Ok, so guys come on out!
28. A – Waaaaa!
29. P – Ok, now…I don’t know if the cameras are catching this, but the women are like woho, hehe
30. A – Laughter
31. P – …and the guys are like deer in headlights.
32. A – Laughter
33. P – Women are dancing and the guys are like…hehe…so, ok, you feel like you’re being led to the slaughter is
34. that it?
35. A – Laughter
36. P – So ladies and gentlemen, the one could be right here in this room. So we’re gonna match each of you up but
37. you’re gonna have to wait a few minutes while we watch our first guest try to pick out her perfect match from
38. three guys that are waiting to meet her. Now Bree is single and says she has been uuuuunlucky in the love
39. department.
40. Segment introducing Bree.
41. P – Now, we’re gonna have some fun and play Dr. Phil’s dating game. Ok?
42. A – Yeah! Applause
So let’s meet the three guys that matched the profile that Bree put on perfectmatch.com. Batchelor number one is a marketing director in the financial services business and loves ultra endurance sports, alright please welcome batchelor number one!

A – Applause

P – Batchelor number two is a sales rep for a technology company and is a traveller, please welcome bachelor number two!

A – Applause

P – And bachelor number three is a doctor who speaks three languages and oil paints…

A – giggling

P – …please welcome bachelor number three.

A – Applause

P – Ok, welcome guys, glad to have you here. Bree, what’s your first question for these guys?

B – For bachelor number one. Imagine that you’re trying to sell yourself door to door. What would your sales pitch be to make me pay the price for you?

M1 – Wow, isn’t there a word for that? Isn’t there a word for paying the price for me?

A – Laughter

M1 – You know, I’m smart enough to know that if I bring a prop I should be ok, so I probably bring one of my buddies little girls to the, to the front door. It’s hard to be turned away with a little child next to you I think.

A – Laughter

B – So you’re a user?

A – ooo

M1 – Aha

B – Ok, bachelor number two. Imagine that you’re trying to sell yourself door to door. What would your sales pitch be to make me pay the price for you?

M2 – Ahh, I wouldn’t bring a prop to show, I’m different than bachelor number one, ah, probably, probably introduce myself tell you ah, tell you I’m very exited to meet you and ah, looking forward to spending some time with you ah, getting to know who you are and ah, kinda exploring the world together.

B – Wow, ok

A – Applause

B – And bachelor number 3, same question.

M3 – Well if, I would make an impression I’d maybe dress my self up like Viggo Mortenson of the lord of the rings and come to your door

A – Yeah!

M3 – I want you to know, I’m a natural man ahm, natural hands ready to fight for what I believe in ahm, you know I’m an oil-painter and what I would do, if I could get my hands on a picture of you is that I would try to paint a portrait a head of time and try to show that I see something in you that’s special and that no one else has seen and show you that I’m…

A – Woooo!

P – Ok, alright well we’re gonna take a break after that. But coming up Bree’s final question and I got a few of my own for these guys. Ah, we’ll see who Bree will choose and she’ll meet them face to face when we come back.

A – Applause

P – Ok, it’s time again for valentines day and we’re looking for the perfect match not only for our guests today but for every one in the audience ok…

A – Wooo!

P – …we’re gonna hook them up

A – Waaa!

P – But first we’re trying to find a guy for Bree in the past she hasn’t had a lot of luck in her dating life, but today she’s trying Internet dating to see if a more scientific approach will find her match. Now Bree hasn’t seen these three guys yet we’re playing the dating game Dr. Phil style.

A – Laughter

P – Now, Bree has another question for each of the bachelors and then it is my turn to ask them a question so…

B – Ok, so bachelor number two.

M2 – Yes

B – Please describe bachelor number three and tell me why…

A – Laughter

B – and tell me why…

M2 – Ahm, he’s married no…

A – Laughter

M2 – No ahm, probably he described himself pretty well with the lord of the rings…
A – Laughter
M2 – Got semi long hair, doesn’t look too comfortable in the suit at this point…
M4 – Ahm, but talking to him backstage I know he is a good guy.
A – Ahhh and applause.
B – Ok, and bachelor number one. One of my biggest pet peeves is when a guy leaves the toilet seat up…
A – Laughter
B – What is something that I might do that would urk you?
M1 – Puh
A – Laughter
M1 – I think…
P – Let me help you with that…
A – Laughter
P – …not a damned thing!
A – Laughter
P – Nothing, ok? Sorry. No but you do have to answer the question though, go ahead.
M1 – My dad told me when I was a kid, that the two most important words in a relationship were yes dear…
P – Can you ask him to interpret?
M1 – Let the good ones go, and stay on to the bad ones for longer then we should.
P – Alright fair enough. Number three, you have a sister?
M3 – I have three.
P – If you would warn your sisters about guys like you…
A – Laughter
M3 – …what would be the thing you would warn her about the most?
P – Alright number two, I wanna know one thing that you would change about your personality because it just gets in the way when you are with a woman.
M2 – Ahm, I would have to say independence. I like to do a lot of things, I like to go out with groups ahm ahm but as far as scheduling my day and my week a lot of the work time I do is more independent so ahm, I like to me more dependent, co-dependent with my mate.
P – Alright. Number three, you have a sister?
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A – Laughter
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P – Alright. Number three, you have a sister?
M3 – I have three.
P – If you would warn your sisters about guys like you…
A – Laughter
M3 – …what would be the thing you would warn her about the most?
Do you pick number one, two or three?

A – /shouting all numbers/

P – Now wait...Alright, she’s saying number six, I don’t know…

A – Laughter

P – …what that means up here. So you guys have a strong feeling right?

A – Yeah!

P – Well we’ll see alright so who’s your choice?

A – /shouting numbers again/

P – Ahh, don’t listen to them!

B – I, based on the wonderful answers of his, of the questions I have to go with bachelor number three.

A – Wooho!

P – Alright, stand up. Alright first we’re gonna have you meet the guys you didn’t choose. Bachelor number one is Eric. His idea of a romantic date is to pop a bottle of champagne and watch the sunset from the hilltop. So come on over Eric!

A – Wooo!

P – Alright, stand up. Alright first we’re gonna have you meet the guys you didn’t choose. Bachelor number one is Eric. His idea of a romantic date is to pop a bottle of champagne and watch the sunset from the hilltop. So come on over Eric!

A – Wooo!

P – Alright, stand up. Alright first we’re gonna have you meet the guys you didn’t choose. Bachelor number one is Eric. His idea of a romantic date is to pop a bottle of champagne and watch the sunset from the hilltop. So come on over Eric!

A – Wooo!

B – Hi!

M1 – Hi.

M2 – Hi!

P – Good job thank you very much we’re gonna lead you this way. Alright bachelor number two is Michael he loves to travel, favourite place is Africa. He is looking for a woman to explore the world with. Come on over Michael.

A – Wooo!

B – Hi!

P – Good job thank you very much we’re gonna lead you this way. Alright bachelor number two is Michael he loves to travel, favourite place is Africa. He is looking for a woman to explore the world with. Come on over Michael.

A – Wooo!

B – Hi!

M2 – Hi!

P – Good to meet you man, thanks a lot. I don’t think he’s very happy.

A – Laughter

P – Alright now, the moment you’ve been waiting for, and bachelor number three is Peter, he’s an anaesthesiologist who also volunteers his medical services around the world helping children in need…

A – Wooo!

P – …he also loves the beach and, and coincidentally he also lives in the same town as Bree, come on over Peter!

A – Woooo!

M3 – Oh, my Goodness. Hey!

B – Hi

M3 – You look beautiful.

B – Thanks

P – Alright. Peter, good to meet you.

M3 – Real good to meet you.

P – So, alright now. We are sending Bree and Peter for a romantic date. Ok, well actually it’s just backstage, heh, but, but it is a romantic setting that we’ve put together back there. There’s food, champagne the words. So you can get to know each other a, a little better. And we’re going to check in on them throughout the show just to see how they’re getting along. Alright now audience we’re not gonna leave you all in suspense about who is your match on the other side of the room…

A – Wooo!

P – …any longer, alright!

A – Applause

P – …any longer, alright!

A – Applause

B – Each of the men has a rose with the name of the woman who perfectmatch.com came up with. So men it’s your time to find your perfect match. As we’ll go to break we start switching these guys out. And we’ll send you guys on your first date, oh look he’s already taking care of her

A – Ahhh and applause

P – Good job. Ok, alright we’re gonna continue the match and when we come back we’re gonna see two singles from match.com who went on a date before the show, it wasn’t romance and roses. We surprised them with what I like to call a Dr Phil reality date.

A – Laughter

P – We’ll be right back.

A – Applause

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A – Laughter

P – We’ll be right back.

A – Applause

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A – Laughter

P – We’ll be right back.

A – Applause

216. P – Alright, one way to find love this Valentines Day is to try Internet dating. Now we’ve been working with
perfectmatch.com to find a match for everyone in the audience today. Now here’s what just happened during the segment on everybody in the audience finding their match.

P – Everyone in the audience is now seated by their potential perfect match. So how is everybody doing? Are you doing alright?

A – Wooo, yeah! Applause

P – Alright, you two stand up! Now how does the match feel?

FA1 – Good so far.

MA1 – Feels great

FA1 – Yeah

P – Yeah?

FA1 – Hehe, probably not.

P – You wouldn’t say that anyway would ya’? Alright, what about, you two, stand up. How did this feel when you met each other?

MA2 – We’re engaged actually…

P – Yeah?

A – Laughter

FA2 – I don’t have a ring! No ring!

P – I ahm, assume to each other you mean?

A – Laughter

P – So you’re not fessing up that you’re…?

FA2 – No

P - Ok so what are you looking for in a man?

FA2 – Ahm, consistency…

P – Consistency?

FA2 – And sacrifice, yes

A – Laughter

P – So you wanna change your answer?

MA2 – Ahh

P – Ahh, sacrifice?

A – Laughter

P – What do you wanna change your answer to?

FA2 – I would

P – Yeah?

FA2 – Yes!

P – You would do it for him?

FA2 – Yes.

P – Alright so, that bother you?

MA2 – No not at all.

P – Not at all?

MA2 – Hehm!

A – Laughter

P – We need to talk…I’m just kidding, I’m just kidding, I’m just kidding…Alright, y’all sit down. Alright Fred and Minerva were set up by the folks at perfectmatch.com and we decided to put their match to the test and surprise them by sending this couple on a very different kind of first date.

P - Ok, ahm…

A – Laughter

P – Well interesting date don’t you think?

F – Yeah

M – Oh yes.

P – Yeah, do you think that’s useful at all to see each other like that and have something to do, a common goal, instead of sitting at a table going you know, what’s your sign?
Well, I felt that ahm as far as trying to relate to one another ahm I just, I just started focusing on the kids trying to feed them and so I kind of forgot about Fred.

After a while

Alright, so you know what it’s like married then.

Yeah!

Laughter

I was thinking the exact same thing Dr Phil!

You said you didn’t feel any chemistry.

Right...

What do you mean like you didn’t, you didn’t feel...

Well I just

lit up or what did you?

Well I, yeah you like I could tell we were like different people with the way we responded to things.

Yeah!

Laughter

Like I, my, the take-charge thing is kind of like, what I like to see out of the girl first. The confident part, when you run around and do that stuff. So you know it’s like we’re to two different people. It’s not a bad thing but...

Laughter

He didn’t feel anything and that’s ok you kn...

Yeah, but you kinda liked old Fred

Yeah I thought he was a great guy he had a good sense of humour which I look for in a man and I thought he had a great personality ahm but like I said it, we focused on the children so much and we didn’t even had time to talk really...

Yeah

For a little bit we talked but then you know it got to be all about the children.

Alright, well let me ask, ask the audience, you can just applaud or jump up and down or not, I don’t know whatever. How important is chemistry for you? If you think it’s important...

Woooo!

Really? See that, maybe that’s why people have so much trouble hooking up. Cause I think chemistry, that initial chemistry is way overrated. Maybe I’m defensive about it cause I’m not like Mr. Charming.

Laughter

And, no really hehe

And if, if it was just all about chemistry I might not have never met Robyn or at least spend any time with, with her. Because I’m not like this bzzzz when you first meet somebody, and, and don’t you think you just might miss a nice guy or a nice girl if you don’t give them a chance to find out if there’s something else there?

You see each other, you’re like, you look at each other...

You see I felt...

then you start assessing.

I felt like we had good chemistry working together with the kids, ah, as far as he took charge and I let him...

Laughter

...do certain things. I had to get out of the way otherwise we would never had fed the kids.

So ok.

And ah...

Again it’s like being married. You let him think it’s his idea

Laughter

What was your first impression of me?

I thought you were too serious for ah your age. I thought you just needed to have some fun, so I as just gonna teach you how to have fun.

We did have some fun...

Laughter

Watch it...hehe

Alright, up next: what mistakes you should avoid when trying Internet dating. Cause you gotta do this right.

There’s a right way and a wrong way to do it. Plus, did we make a love connection with Bree? We’re gonna find out when we come back.
A – Wooo!
P – Alright, for all of you out there looking for love in all the wrong places, internet dating is an option you may wanna check out. Now there are lots of dating sites out there from scuba dating sites to tall and short dating sites.

We’ve been working with perfectmatch.com to set our entire audience up with their potential perfect match.

How’s everybody doing? Ok? You’re alright?

A – Wooo!
P – And you ah... I assume you’ve all got a chance to talk a little bit and visit back and forth. How about you guys? Alright, how’s this feel between you two?

MA3 – It’s nice.
P – Yeah?

MA3 – I can say wow.

A – Laughter

P – Yes, see that’s better

A – Laughter

MA3 – I make a lot of noise.
P – How about you?

FA3 – Yes it’s very nice.
P – Yeah very nice?

FA3 – Yes

P – He gave you a wow!

A – Laughter

FA3 – I’m shyer.

P – opf, yeah he’s very nice. Ok but no you guys feel ok about this?

FA3 – Yes

P – Alright well again a good looking couple and the rose looks good and everything, you’re both smiling and everything…

A – Laughter

P – …get you’re hands of her!

A – Laughter

P – Until you get a wow, you don’t get a…

A – Laughter

P – Alright, now Dr. Pepper Schwartz is on staff at perfectmatch.com she’s also a professor of sociology at the University of Washington. So tell us what you think makes two people most compatible. From your experience with all of this what do you think is the thing that spells success?

PS – Well I don’t think it’s only one thing. That’s why I developed something for the site called duet which is a compatibility profiling which pushes together a certain amount of things that you should be similar and a certain amount of things that are complementary that made you want something different then yourself. What I do think is that you have to know yourself first so you know what you’re looking for.

P – Right, yeah cause you can’t now what you need or want if you don’t know who you are.

PS – Right and a lot of us haven’t really spent the time to say, well am I risk avert or do I like, you know, like an impulsive or intuitive way to meeting somebody am I an optimist and if I am do I want somebody who shares that world view or do I want somebody who is a little more practical, a little bit more careful, you have to think about who you are and then you develop when we help on the site, to help people develop that sense of what is my compatibility quotient?

P – Alright with, hehe,, with any kind of dating you still have to be discrete so you don’t wanna get out too much personal information, right?

PS – Yeah

P – you wanna, and you wanna screen your date so you take precautions and you do this a step at the time and you don’t…

PS – Right

P – …have to give any confidential information, social security number, your address, there is nothing that anybody could do…

Ps – D, don’t give out your MasterCard absolutely not, you know

A – Laughter

P – And if you don’t want somebody to, to know who you are then you’re protected confidentiality wise

PS – Absolutely, safety is the first thing

P – Sure

PS – It’s always the first thing

P – Alright good. Alright let’s check in with Bree and see how she and her date are doing. Hey guys!

B – Hi Dr. Phil.
Hi Dr. Phil.

P – So how is it going Bree?

B – It’s going very well, we just got served our entrées and we’re getting to know one another and it’s, it’s great.

P – Yeah, so at, at this point ahm, you would say things are comfortable?

B – They're...yes...

A – Laughter

P – ...as comfortable as you can possibly get

P – Well, your enthusiasm is underwhelming

B – No, not at all.

P – Yeah Peter she what? She’s a little uncomfortable?

B – Yeah. But I don’t…

A – Laughter

P – Ok

B – …you know, I try not to blame my self for that but we’re warming her up. Maybe that there’s 14 people here in the room with us hahaha...

B – I’m hoping that in a future date we won’t have to have a whole entourage but…

P – Well I have to tell you but there’s 14 million watching.

B – but don’t let that get in the way of your entrées. Alright, we’ll check back with you guys in a little bit. Alright coming up. What if you’re a little older and thinking that your dating days are over – can you still find love? That’s next.

A – Applause

P – We’re talking about the craze of Internet dating and it’s not to late at any age. Ken is 69 and he’s been trying different dating sites for 5 years now. You kind of think it’s certainly not to late. You wanna meet somebody, you wanna have some fun, what’s your values, what are your values?

K – Well, yes I’ve been wanting to get married for about thirty years, hahaha

A – Laughter

K – The chances are getting a little slim

A – Laughter

P – You think women lie, so…

K – Some, some

A – Laughter

P – So what’s your thinking about that, I mean, have you had some people like lie about their age, say they were only like 64 when they were like 80 or something?

K – Yeah, yeah…

P – What’s it been?

K – …I’ve had a couple of experiences along that line, one lady had her daughters picture…

A – ooo

K – …on her profile

K – So that was quite a chock…

P – That’s your boy…then she showed up and looked like 9 miles of bad road right?

A – Laughing

K – That’s right, that’s right hahaha.

P – well, what did you say?

K – well, actually I was kind of like a gentleman anyway, I took her to dinner and then she brought me back to her home and then she told me about her son and her daughter and she really had a lot to say about both of them. So she takes e back home and shows me all these pictures of her son.

A – Laughter

K – And I said show me some pictures of your daughter now. And she never did, she ignored it and I asked her like three times, she ignored it.

P – Yeah cause that was the daughter in the picture.

K – Alright well let’s see if perfectmatch.com found the right person for you. They want you to meet Barbara, she’s a product-marketing specialist, who loves to rollerblade, run and travel. She’s not one to sit at home. Come on out Barbara!
A – Applause
P – How are you?
Ba – Good, fine.
P – Nice to meet you.
K – Wow
Ba – Hi
K – Hi, how you’re doing?
P – Have a seat. Alright now, Ken and Barbie.
A – Laughter
Ba – You did that on purpose, right?
P – No, I didn’t do it on purpose. So maybe this is like a match made in heaven or something?
Ba – Destiny.
P – Yeah maybe. So ah, tell me what you’re looking for in a man.
Ba – I’m looking for someone to do things with
P – Ok
Ba - you know, I’ve always ahm gone places and stuff like that, the places I like to go unfortunately couples go
to, single men don’t go to
P – yeah
Ba - you know so it’s really hard to find somebody who like those kinds of things, because they’re already
hooked up.
P – What’s your initial reaction to Ken?
Ba – I think I like to see how well he rollerblades. Hahaha.
A – Laughter
P – Yeah, do you rollerblade?
K – I’ve tried it…once.
A – Laughter
P – Wanna try it again?
K – Yeah I’ll try it again
A – Laughter
P – Yeah ok, he’s a willing spirit that means something doesn’t it?
K – Do you cross-country ski?
Ba – Never been on skis in my life.
P – Do you?
K – Yes.
P – well there you go, see you, you can skate along side on a path
A – Laughter
K - Roller-skiing
P – Alright, hehe, we’re gonna send Ken and Barbie on a romantic date. And we won’t make you baby-sit this
time.
Ba – Oh, hehe
P – You’ve probably gone through all of that already. Alright to start them of right we got them tickets to
Chicago at the Pantages Theatre.
A – Wooo!
P – Alright next. Have we made any perfect matches in the audience today? We’ll check in with this very exited
audience when we come back.
A – Applause
P – Ok, we’ve been working with perfectmatch.com for this Valentines Day in order to set up our entire
audience with a potential relationship. Internet dating is certainly not fool proof you have to do your own careful
research and there will be some hits and there will be some misses, nothing is perfect. Now, what I wanna do is
see if we’ve been successful with any of the matches here. Ok…
A – Laughter
P – …so you guys stand up! So far how’s it going with you guys?
FA4 – So far so good.
MA4 – Yeah
P – Any surprises? I mean based on what you’ve said you would like to have in someone trade, personality wise
and character wise does it seems like she embodies the things that are in the profile?
MA4 – I think so yes.
P – How about him, does he seem like…?
FA4 – Yeah I think so yeah
P – Ok, Alright good, so so far so good.
FA4 and MA4 – So far so good.

P – Alright, how about you guys up here? How’s it, how’s it going up there?

FA5 – Good. He’s very nice, I just found out he’s from New York and he’s very interesting.

P – Yeah.

MA5 – I just found out she’s a native of California. You know she’s a pleasant lady you know. We’re talking you know…

A – Laughter

MA5 – …if you was to ask me you know what do you know about her or whatever I’ll be able to tell you cause we’ve been talking together.

P – Alright let’s check in with Bree and see how she is doing with her date. Ah, Bree are you there?

B – We’re here Dr. Phil.

P – Yeah so how are things clicking along?

B – Things are coming along nicely.

P – Yeah.

B – We just got served chocolate covered strawberries so you don’t get much better then that.

P – Yeah?

B – Yeah, it’s all good.

P – She’s talking about the food instead of her date…

A – Laughter

M3 – Hey that’s a good sign. As long as it involves chocolate, I’m on the right track.

P – Yeah! So Peter what have you all been talking about?

B – You know, horse races and we talked about our families and talked about dream vacations and talked about you know what it’s like to be alone in this big lonely world

A – Laughter

P – Yeah

M3 – But it doesn’t have to be that way does it?

P – Yeah, and, and you guys actually live in the same town, right?

B – Yeah, I’m sorry to say…

A – Laughter

M3 – Actually I think she got scared and moved out the minute I got there. She’s now just down the coast so.

B – I just moved to Dana Point hehe.

P – Would you guys say that this is a, a, a, a hopeful ahm relationship that you talked to each other and that you would go on a date out in the cold lonely world. Or is it something were you would say well I wanna step back and think about it.

B – Well we haven’t really talked about that but…

P – We’re talking about it now

B – …since you’re putting us on the spot ahm, you know for me it takes me a long time to warm up to people…

A – aha

B – …and I think I, I would have to step back and just observe and watch and look at the situation and take it from there.

P – Alright, Peter how about you?

M3 – I think I’ll probably be a little more pushy, I might as well ask Bree out.

P – Yeah, but if she takes a while to get to know guys, are you willing to be patient enough for her to kinda get her feet on the ground about it?

M3 – well I don’t think it will be any other way so, that’ll be part of knowing her.

P – I suspect so. Alright we’ll be right back!

A – Applause

P – Well today we’ve been talking about creating relationships or at least introductions, have you guys had fun?

A – Yeah

P – Alright. Well if you had fun watching it you don’t wanna miss my primetime special it’s all about romance and how to fix your love life no matter how far in the ditch it may be. And I even take on one of primetime TV’s most controversial couples. The special airs Tuesday February the 15th at 9 PM on CBS. So be sure to tune in. I wanna thank all of you guys particularly you who’ve gone on the dates and allowed us to kinda peek in to your lives. I certainly wanna thank you for coming here and giving us some insights on Internet dating. Now through the entire month of February perfectmatch.com will be giving away one million no-strings memberships valued at a hundred dollars each. Now understand that I haven’t gone through all the tests that are developed and that sort of things so I cant tell you that their scientifically based or tested and certainly nothing is perfect, as we have seen a few times today.

A – Laughter

P – But it seems to be a responsible way to reach out and try to make a connection with somebody. Also I want
577. to give a special thanks to 1-800-flowers, your florist for Valentines Day, who’s helped us and the Summit House Restaurant for providing dinner for the Shumways’ while you guys were in there taking care of their children. So I hope you had fun! Thanks for watching!
580. A – Applause
581. Dr Phil walk’s out with his wife Robin.
P = Dr Phil
M = Mike, father and husband who supposedly is mentally abusing his family
D = Deanna, Mikes wife who claims he is mentally abusing her and their son
A = Audience
R = Dr. Phil’s wife Robin
Am = Amy who hates her breasts
RH = Dr. Randall Hayworth, plastic surgeon

1. A – Wooo
2. P – Thank you, thank you very much. Ok, well it’s ask Dr. Phil and that means anything.
3. A – Wooo
4. P – I’ll be answering your burning questions no matter how big or small, let’s just get right to it, first up a wife
5. who says her husband makes it known that he is the man of the house and she better obey.
6. A – Wuuu
7. He says he just knows best. Take a look.

8. Segment on Kyle who is supposedly mentally abusive to his wife and son.

9. P – Well I think the audience has an opinion. Ah, on that question, but let me ask you something, you just
10. watched that on tape, you heard the things that you said.
11. M – mhm
12. P - Is that a fair representation of your attitude of running the family and running the house?
13. M – Most of the time yes.
14. P – Most of the time. So let’s go over some of this. Shut your suck-hole. Now, lets just, lets just start with that
15. I’m curious as to what you think or predict, her reaction is gonna be.
16. M – I predict pretty negative, and that’s when I pretty much had it, when we’ve had arguments and I know that
17. it’s time to stop and because we’re not getting anywhere with our conversation.
18. M – Well its my way or the highway, you’ve said that a number of times, that you’re just right, if somebody’s
19. gonna run things it’s gonna be me.
20. M – Correct
21. P – Right. So who left you in charge? How did you get elected to that post? And go over with me if you would
22. your qualifications for that job.
23. M – First of all I like to think of it as a team concept and…
24. A – Laughter
25. M - …and somebody has to, has to be the coach. Ok? Somebody is the coach, somebody has to make the plan
26. here.
27. P – And, and you said that if you don’t agree with me you’re not being on the team.
28. M – At, in most cases yes.
29. P – Ok, so that’s your idea of a team cause if you don’t agree with me you’re…
30. M – You’re gonna sit on the bench. So I’m basically…
31. A – Wuuu
32. M - …if she doesn’t agree with me I’m gonna have to sit her out for a while…
33. P – Ok
34. M - …so she can think about it.
35. P – and I’m gonna talk to you about all this in just a minute ok, I just wanna be sure that I’ve, that I’ve got down
36. to the bottom of this thing. Ah, so let’s get to the other part of my question, go over to me your qualifications
37. that you are the repository of all knowledge and are gonna run everything here and treat your wife like a 16-year
38. old child, your words. Are, are you trained in family dynamics?
40. P - Are you a psychologist?
41. M – No Sir
42. P - You’re a sociologist?
43. M – No Sir.
44. P – Are you trained in child development?
45. M – No, I just ha…
46. P – Are, are you trained in problem solving and conflict resolution in the family environment?
47. M – Not at all.
48. P – Ah, ah are you particularly adapted at goal setting and ahm self-esteem building ahm for those that are on
49. your team?
50. M – I think so on that /P starts speaking next line/aspect yes
51. P – Yeah, where did you get that training? Let’s go over your br…
52. M – Well I have done some coaching on some children…and I have coached even adult men softball and
53. sometimes…
54. P – She ain’t second base, she’s your wife!
55. A – Laughter
56. P – Ok? She’s not a shortstop she’s your wife!
57. M – I played ball all my life, so I can’t help that that’s the only thing that I can go by on…
58. P – Well I have played ball all my life to and yyyou, you’re either real courageous or just dumber than a box of
59. rocks because…
60. A – Laughter
61. P – …I could tell you. I wouldn’t say…
62. A – Applause
63. P – I, I would not say the things that you say to your wife to my wife. I would not sleep another minute.
64. A – Laughter
65. P – I’d be lying there all night like…and because I wouldn’t wake up on fire oo, sorry you’re on fire.
66. A – Laughter
67. P – Are you kidding me? Are you kidding me? Do you, seriously?
68. M – Only because I’ve tried so many things and this is all I have left. And that’s why I’m here I need some help.
69. P – No you’re not here to get help you’re here to defend this and you said, you thought I would agree with you
70. for sure. That a man’s gotta step up and run things.
71. M - I said possibly, hehe.
72. A – Laughter
73. P – Well you’re a very exact in individual, I can find exactly what you said. If you would like me to read it ah,
74. and in fact it was that you are sure that I will agree with you
75. M - I think so I…
76. P – Did you really, did you really think that?
77. M – Hehe, I think so yes
78. P – You really thought that I would say yes it’s alright to talk to your wife…what, I’ll get back to you in a
79. minute!
80. A – Laughter
81. P – Why is his even remotely ok with you?
82. D - It’s not ok, that’s why I’m he…
83. P – Well based on results it is because how long you’ll been married?
84. D - Nine years.
85. P – NINE years. Why has this been ok with you for NINE years?
86. D - I think when I met Mike, I mean he, you know, had been married before, he had children already, you know
87. I thought he was experienced, I thought knew the ropes he knew…
88. P – Oh my God she’s defending him
89. D – No, I’m not, I’m not defending him. I’m just, we have had very good talks. I mean we really have you know
90. about life and…
91. P – Oh my God, she’s defending him
92. A – Laughter
93. M – She doesn’t have to.
94. P – He tells you that there’s a right way to take a shower? He’s taught you how to take a shower?
95. D – Well, no, not…
96. P – Do you not get out much?
97. A – Laughter
98. D – No he did, he didn’t tell me how to take a shower, it was one time we have, you know, recently taught our
99. son how to take a shower, he’s eight and ah when he found out…
100. P – You said he said that there is a right way to take a shower! / Deanna says ok and I know during this line/
101. D – I know but when I told him what I told Kyle to do, he said no you don’t do it that way and I said well I do it
102.that way and so…
103. P – He taught you how to brush your teeth!
104. D – Well, hihi, no I just don’t do it correctly.
105. A – Waaa
106. P – Oh my God, she’s defending him.
107. A – Laughter
108. D – No…
109. P – I need a break, we’ll be right back.
110. A – Applause
111. P – Well viewers are asking me just whatever’s on their mind. Now Deanna says that her husband thinks he’s king of the castle. He controls everything, how she drives, how she washes dishes, even how she brushes her teeth. And she wants to know if she is crazy staying married to Mike, who says his methods work. Now, you seem to be just really waffling to me. Is it because he’s here? Are you intimidated because he’s here?

112. D – I’m very intimidated by Mike, yeah…

113. P – And if you say what you really think you’re gonna get hell when you leave here?

114. D – Ahm, it’s almost like I lived with it so long that sometimes I’m immune to it. I just, I just go about my day and sometimes I hear him when he says that and ignore it, sometimes he doesn’t like…

115. P – She needs to be afraid of you, you gonna, you just gonna…?

116. M – I don’t think so.

117. P – You’re all kinds of trouble when you leave here?

118. M – I try to help her.

119. A – Laughter

120. M – There’s certain things that happens that I don’t understand, and that’s the problem

121. P – I honesty believe that you believe that what you’re doing is right. Now it’s hard for me to imagine that someone can be that socially insensitive that is to look around and not notice the impact of what you’re saying and doing on other people. But I believe you think what you’re doing is right. You believe that, you think he’s trying to do right?

122. D – Yes

123. P – Bu, but let me tell you what you said ahm ahm these are in quotes because I had a sneaking suspicion that you were gonna do exactly what you were doing when he was sitting there, and you can’t change what you don’t acknowledge. “He convinces me he’s right when I know he’s wrong.”, “I am scared to tell him how I feel because I get in trouble.”, “When we have arguments they get heated and I back off.”, “I have learned to keep my mouth shut.”, “I am loosing self-esteem so fast that I am just ready to give up.”.

124. P – Did I read that correctly?

125. D – mhm

126. P – You say you separate two or three times a year. And that the last time you had the big divorce talk was Christmas Eve. Ksch (with lips) very merry Christmas. Maybe it’s because I grew up dirt-poor I, I mean really poor. I grew up to be very results oriented. Even when I was ten or twelve so I knew, you know, going to collect for my paper round, if I didn’t get the money we didn’t eat so I’ve been very results oriented all my life, how about you?

127. M – Yes

128. P – You like to measure results?

129. M – Yeah

130. P – Alright, if you’re so smart, if you’re so right, how come your marriage is so far of in the ditch?

131. D – It’s not me separating, it’s he tha…

132. P – Oh I understand! You guys just get like this and boom. Off course you wouldn’t leave you’d get in trouble! A, answer it though. If you’re so smart how come your results are so bad? If you were a coach with this kind of record, I mean, wouldn’t they fire you?

133. M – Well on my defence, there’s a lot of things that’s happened that we’re not really hearing about. I mean there’s some things that, Christmas Eve for example. That was really bad. My mother was sick you know. I worked three days in the snow. I come home and she’s mad at me because I hung up on her on the telephone because I was so tired I just wanted to come home. /P starts his line/ I don’t understand.

134. P – No, what you do is that you hang up when you’re just through listening. Right? You just heard enough so you just hang up. You do that regularly don’t you?

135. M – No, no.

136. P – No, you don’t do that regularly? Alright, let me ask you something. Take, take, listen, I don’t think she’s a saint. I think she has some seriously flawed logics. Or you wouldn’t be teaching him that it’s ok to treat you this way. But I’m asking you, if you’re so smart how come you can’t get it to work?

137. M – I need to work on things. And I need her help.
171. M – I’m desperate.
172. D - …believe that we’re at a point were…
173. M – I love her I don’t want to lose her
174. D - …we know we don’t want to divorce we just don’t know where to go next.
175. P – Well, I don’t know if you’re gonna hear it but I’m gonna tell you with great precision in words and by
176. sentences, exactly what I think you need to do if there’s a chance of saving yourselves and this family. We’ll be
177. right back.
178. A – Applause

179. Segment on Dr. Phil’s Tip of the Day.

180. P – Well Deanna describes her husband of nine years as degrading, controlling, condescending, nitpicking and
181. emotionally abusive. When she hears his voice she says it cuts like a knife. Now Mike says he’s the boss and has
182. told his wife to just shut her suck-hole, which is not a very endearing way to steer a conversation. But, my whole
183. point is that you have to acknowledge that what you’re doing is not working. I know you had a father that was
184. very strict, very rigid we tend to learn what we live. But there comes a point when you’re an adult that you step
185. back and say you know what I have to make choices for myself. You, you, you talk about this, it’s like you
186. wanna win. An, and you have all these high and lofty standards – but you’re like out with your friends three, four
187. times a week, right?
188. A – wah
189. P - You got two stepchildren and one biological son between you at home – three or four nights a week you’re
190. out with your buddies.
191. M – Bowling, stuff like that yeah
192. P – Yeah, I don’t care if you’re watching the grass grow…
193. A – Wooo!
194. P - …you’re not there being a partner! You’re not there being…
195. M – She’s welcome to come to any of my functions.
196. P – And do what with the kids? Hang them like bags in the garage are you kidding me?
197. A – Laughter
198. D – Hehe, I’m workin’. I can’t go. I mean, he, he has to do his homework, and he’s gotta be…
199. P – Off course!
200. D – …in bed by eight, take a shower and then how am I gonna fix dinner and have it ready for you when you if
201. I’m out with you?
202. P – So split…uuuuuyy
203. D – Sorry
204. P – I mean, let me, let me get to the point here. You’re either gonna contribute to the relationship, or you gonna
205. contaminate it with the spirit, actions and attitudes that you bring in to the relationship, do you agree with that?
206. M – Yes
207. P – How much fun are you to live with?
208. M – ah, probably not very much.
209. P – Mean like a bad toothache. I mean it is grates on you when you hear that voice I mean wewewe do this, do
210. that.
211. D – I never know what kind of mood his in.
212. P – So say you bring a spirit in there, you wanting to control everything, which buy the way is nothing more than
213. outward manifestation of serious insecurity, and it manifests as a false sense of superiority, it’s kinda like I’m so
214. insecure that I have to control every single thing. I have to demand that she’ll respect me, I have to demand that
215. she do what I say, I have to demand that she’s submit. What’s wrong with the attitude of just saying you know
216. what I’m just gonna let it go and see what happens. You say, the, you say underwear on the floor this is just nor
217. acceptable, why?
218. M – I teach my kids to pick up after themselves and she teaches our son the same thing and I I every morning I
219. have to pick up her underwear and put it in the dirty clothes.
220. D – No not every, your not
221. P – Ok, but wait a minute, wait a minute, let’s assume that she collects underwear from the neighbours and
222. throws them in the floor.
223. A – Laughter
224. P – WHAT THE HELL DIFFERENCE DOES IT MAKE IN THE GRAND SCHEME OF THINGS? You say, I
225. wanna live in filth…
226. M – It’s petty, it’s petty but it’s, they add up and there’s so many of them, they add up.
227. P – Ok, you know what adds up? It’s a condescending, demeaning tone to your partner all the time. That’s what
228. adds up.
A – Applause
230. P – That’s what adds up. I’m trying to tell you this is because what I want you to hear is that people, ah I wrote a
231. book called Relationship Rescue which you should memorise and one of the things it talks about in there are the
232. critical spirits that you can bring into a relationship. And one of them is to be a, a faultfinder. It also details
233. personal relationship values that can contribute to a relationship, such as coming in with a spirit of just accepting
234. your partner. Just the attitude that I am going to interact with my wife in such a way that when I turn around and
235. walk off, she’s gonna feel better about who she is then when I walked up. You wanna be someone that, that gets
236. people to rise to the best of who they are. It will not be through brow beating and control, it will be through
237. building them up and inspiring them to be everything that they could ever possibly be. And I’ll guarantee you it
238. would absolutely break my heart if I knew that I interacted with my wife in a way that when I walked of she just
239. went uhmph… you know I’m just no good. I just don’t measure up. Cause I just don’t want that kind of a
240. partner. The best way of manage people, the best way of interacting with people is to do it in a way that they feel
241. better about them selves for being around you. I mean doesn’t…
242. M – Yeah
243. P – …that make even common sense?
244. M – I agree
245. P – We’ll talk more about this in just a minute.
246. A – Applause
247. P – Alright we’re talking with Mike and Deanna and I’m talking about what I think will get you what you want.
248. M – I feel that I know I work hard, she knows what I do for a living every day and I come home and I would, I
249. like to be able to come home to a happy family and a meal and a, cause we all sit down and eat together when
250. we’re all together and do that, make it a habit.
251. P – Ok…
252. R – I know.
253. P – Every time she talks about the kids she starts crying. I mean, wha, wha, what is it you wanna feel
254. in your own home?
255. R – Well, I wanna feel like I’m where I belong and that I’m safe and loved and protected and if I never left my
256. home it would be ok.
257. P – And then Mike come home… /Robin speaks at the same time something unhearable/… go ahead, no go
258. ahead.
259. R – As far as I’m concerned and the boys, nothing is really right until he’s home. It’s like, he gets home and the
260. boys are there, everything is right with the world then. There’s always something missing when we’re not all
261. home together.
262. P – And, and you said you want Kyle to be afraid of you. Those are your words, you want your son to be afraid
263. of you. A, again that’s insecurity. You have to approach this from a standpoint of saying ok, look, I want my
children to respect me. But respect is commanded by the man you are, not demanded from the dictator you’ve become.

A – Applause

P – Ok, that you want them to feel safe with you. Probably the two most powerful words I’ve learned in my marriage is – love it. Hehe, I mean because at home, she runs the house and I come in and like the living room is gone and it’s now you know a sinkhole for something or whatever…

A – Applause

P - …she is just – what do you think? Love it. Absolutely love it.

A – Applause

P – Love it, love it. Ahm. If you just decided, you know what I’m gonna quit stomping around, I’m gonna quit demanding things from people and I’m jus gonna trust that they’re gonna see in me the qualities that are important and we’re gonna all embrace those together. When I say you’re not picking your battles it’s not about underwear in the floor. What you want is to come together in a way that you could feel safe with each other, that you, you know, I go home, that is my soft place to fall. It’s her soft place to fall. It’s the place that the kids know there are two people in that other room that think we are the greatest thing in the history of the world. And Mike that’s what makes them who they are, that’s what’s gives them the confidence to go into the world and do what they need to do. And you have said you define this as a parent child relationship, I tell you – children grow up and rebel. And that’s where you’re headed. You will eventually say I’ve had enough. You’ll find someone that respects you for who you are. Mike, let that be you. Take the chance to freefall and say you know what fine, I’ll just let it go and if I, and if they want to get laundry stack up on the floor I just, I’ll let it go. And you know what you’ll find, is you’ll find that this is a woman with dignity, she won’t have you living in squalor. You have to trust her enough that she has enough depth to see in you the things that you frankly don’t see in yourself. Just give it a chance. You don’t have to control everything. Then you find out, other people have pretty good ideas sometimes.

A – Applause

M – Ok

P – And you can’t, you can’t be afraid to talk to him. I, one of the best measures I have about how I’m doing is how many sentences begin with: Now listen buddy…

A – Applause

P - If I’m getting a lot of these: Now listen buddy, I know I’m of the track.

R – Sometimes you have to do that

P – Yeah sometimes

A – Applause

P – I just want you to just take a chance. And don’t bury him yet. And, and I do want you to read Relationship Rescue. Will you read it?

M – We have it.

P – Will you read it?

A – Yes I will. I promise.

P – Alright, and then I want you guys to come back and talk to me some more.

A – Ok

P – We’re just beginning.

A – Alright. Our next guest says she has an enormous problem. How to get people to notice her and not her extremely large chest. We’ll be right back.

A – Applause

P – It’s ask Dr. Phil day now Amy is a single mother who says she has been cursed since puberty. She wants more then anything to have a man stare into her eyes instead of her chest.

Segment on Amy and her breast issue.

P – Well, first it had to do your heart good when she slapped her husband?

Am – You have no idea.

A – Laughter
P – That’s, that was helpful. What I want you to understand is that this is all about taking your power back. Let me tell you what happens. You talked about as early as seventh grade ahm kids really noticing, holding you down on the bus so they could feel you up, as you said ahm making comments and at that point you start repeating those things in your head, don’t you?

Am – I think so.

P – That’s what we call internal dialogue, we repeat them over and over even after they’re gone and that’s what’s called giving your power away, you allow what others say to control how you feel about who you are. You said you wished somebody would see your other gifts and skills and abilities, right?

Am – That’s very true.

P – Tell me what they are.

Am – There’s, I raise my children by myself everyday, I have two beautiful boys and I’m a good mom. And ah, I think I have pretty eyes, I’m a good cook, I can sing, I’m a good singer. I have a lot to offer to a lot of people.

P – mhm, Are you a loving person?

Am – Absolutely.

P – Are you devoted as a mom?

Am – Of course.

P – Are you intelligent?

Am – I like to think so.

P – Yeah, so you have a lot to offer and a lot to give?

Am – I feel so.

P – How much time do you spend thinking about those characteristics of who you are versus playing over and over in your head people focusing on your breasts?

Am – Ahm, probably not enough. I know that I think about the things that make me feel insecure before I think about the things that make me feel secure.

P – Yeah.

Am – And I think unfortunately that’s just a part of human nature. Am, the bad things always stick out more then the good things. And that’s just unfortunate.

P – Yeah. And of course everybody in the audience is thinking, why aren’t you having them reduced?

Am – Well because I am a single mom with ahm two young boys and it would cost me over 10 000 dollars to have the surgery and I absolutely can not afford to have that procedure I wish that I could because I would do it in a heartbeat.

P – So you have to learn how to cope with it?

Am – That’s right. I have them they’re mine. They’re as far as I’m concerned at this point not going anywhere.

P – Did you hear what I said about internal dialogue?

Am – Yes.

P – If I brought you Dr. Randall Hayworth, who is a leading plastic surgeon in Beverly Hills, who said I feel your pain and I’m willing to step up and do this for you would that help you too?

Am – Starts crying

P – Yeah. And of course everybody in the audience is thinking, why aren’t you having them reduced?

Am – Hahaha

P – How are you? How are you?

Am – Nice to meet you.

RH – How are you? How are you?

P – How are you? Good to see you. Have a seat.

Am – Nice to meet you.

RH – Nice to meet you.

P – Tell me what you think you can do for this young, beautiful woman.

RH – Amy is a beautiful women and I think an excellent candidate for a breast reduction surgery. You have probably shoulder, back and neck pain?

Am – Yeah

RH – And you feel like you are absolutely hindered by these, what you probably feel these appendices, and you would like to put them, bring them more in line and in balance with the rest of your body.

Am – Yes

P – In fact, you, you were giving us some education about this before the show and you were saying that a woman of Amy’s size and build that she should be about a mid c-cup.
407. RH – Probably based upon your height I would say maybe a mid to full C because I was just judging by photographs.
408. P – An, and you say you’re double H?
409. Am – Yeah, I think, the, the bras that I own don’t actually fit me but they are double H’s.
410. P – Yeah, so it’s bigger then that?
411. Am – I would think so.
412. P – Actually, so you’ve got a long way to go. But this is doable?
413. RH – This is doable, and breast reduction surgery is actually produces some of the happiest patients around.
414. They immediately feel it. I did this one girl who was nineteen years old, and I actually took out an unprecedented 8.8 pounds and 7 pounds from each breasts…
415. Am – Wow
416. RH – …and in the recovery room she immediately noticed the difference almost to the point where she had a whiplash because of the tremendous difference.
417. Am – Laughter
418. P – Ok, and you said that your back pain always is just with you every minute that you’re awake.
419. Am – All the time
420. RH – And the one other thing is from the aesthetic standpoint is to breast reductions will give you more options for clothing and just make you feel more feminine and more balanced with yourself.
421. P – So what do you think?
422. Am – I think you’re amazing. Thank you so much.
423. P – Well this guy is gonna do it.
424. A – Applause
425. P – Doctor thank you so much.
426. Am – Thank you.
427. RH – Oh no problem.
428. P – Alright next, she says her six year old is asking her hard questions, his latest is though she’s throwing it my way, we’ll be right back.
429. A – Applause
430. P – Oh, no problem.
431. A – Laughter
432. P – What you have to do is impart on your children of what your believes are. It’s ok to say you know mommy doesn’t always know why something happens. You have to look at your belief-system and decide what it is you wanna give him for comfort. I think it is clearly good to say you know, God doesn’t kill people but sometimes things are allowed to happen and we don’t always know why. The most important thing you can do is give your child something to do that teach him that he can like earn money to help those children. Teach him to go volunteering, raise money for the small children or for the tsunami relief. Children want to feel like there is something they can do, rather then just be lost and I think those were some things that hopefully will help you and you can think about. Lots of people have been doing their part to help those affected by the tsunami disaster. Just few weeks ago I participated in a celebrity fundraiser called serving for tsunami relief. I got to hit the court with some of the biggest names in tennis. So take a look.
433. A – Applause
434. P – Oh, no problem.
435. A – Laughter
436. P – What you have to do is impart on your children of what your believes are. It’s ok to say you know mommy doesn’t always know why something happens. You have to look at your belief-system and decide what it is you wanna give him for comfort. I think it is clearly good to say you know, God doesn’t kill people but sometimes things are allowed to happen and we don’t always know why. The most important thing you can do is give your child something to do that teach him that he can like earn money to help those children. Teach him to go volunteering, raise money for the small children or for the tsunami relief. Children want to feel like there is something they can do, rather then just be lost and I think those were some things that hopefully will help you and you can think about. Lots of people have been doing their part to help those affected by the tsunami disaster. Just few weeks ago I participated in a celebrity fundraiser called serving for tsunami relief. I got to hit the court with some of the biggest names in tennis. So take a look.
437. A – Applause
438. P – I know all of us have been impacted by this and to donate money for the Bush-Clinton tsunami relief go to usafreedomcorps.gov. And we’ll have a direct link on our website so you can do that. We’ll be right back.
439. A – Applause
440. P – Well I wanna thank all of our guests for being here today. If you have a burning question then go to drphil.com and share your thoughts as well, you can write, you can tell me what your questions are. We choose from those, to answer here on the show. So we have a plan with you, right? You guys are gonna put it together. And we have a plan for you as well, and you’re gonna really have an open mind, read this book, listen to the tapes. And you have to be willing to stand up for yourself.
441. A – Applause
442. P – Are you glad you came?
443. M – Yes I am. Thank you.
444. P – Alright, are you glad you came?
462. D – Thank you.
463. P – Alright we’ll see you next time. Thanks.
464. Dr Phil walk’s out with his wife Robin